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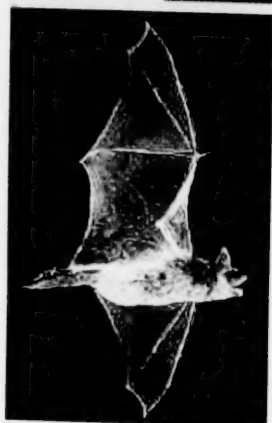
Andover Townsman

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Issue No. 52 30 pages plus a 12-page section

AUGUST 25, 2005

75 CENTS



Got bats? It's the season

By Rita Savard

Got bats in your belfry? "Consider yourself lucky," says Ellie Horwitz, spokeswoman for the Massachusetts Division of Wildlife and Fisheries.

Wings over Andover — The brown bat (left) is the type residents see most often.

August is the time of year when young bats begin flying out of the nursery — and accidentally end up in people's houses more than usual, Horwitz says.

According to police reports for August, dozens of calls indicate that Andover residents have been going a little batty over these unwanted house guests.

With a larger than life reputation for feasting on blood, carrying diseases and nesting in human hair, bats remain one of the most misunderstood — and under-appreciated — small animal species, according to wildlife experts.

"They are perhaps nature's most effective means at combatting mosquitoes," Horwitz

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Andover Fire Chief Chuck Murnane (left) and Police Chief Brian Pattullo examine some of the evidence taken from the suspects at Poms Pond last week, including the ingredients for making a pipe bomb. The park has been plagued by a rash of fires.

SLEEPY SUNFLOWERS



Saidnaili Naili grew this giant sunflower patch on Sleepy Hollow Lane. Above, his wife, Liz, tends the nodding plants.

PHOTO BY TIM JEAN

Emotional debate over Special Town Meeting

Resident upsets senior center proponents



Bob Pokress of 3 Cherrywood Circle, shown at April Town Meeting, took issue Monday night with organizers of the Special Town Meeting, voting again on the senior center proposal.

By Greta Cuyler

Resident Bob Pokress agitated an already emotionally charged situation when he called the upcoming Special Town Meeting to decide the fate of a new senior center a case of "voter shopping" by "special town interests" at Monday night's Board of Selectmen meeting.

He compared the group of more than 300 seniors lobbying for a new building to a bunch of townspeople collecting signatures to designate ham-and-cheese as the official town sandwich.

Her voice breaking, Selectman Mary Lyman told Pokress that "the work of seniors over the years shouldn't be reduced down to a ham-and-cheese sandwich" and that people overly concerned with how much a special town meeting will cost taxpayers should "get up and move." She said taxpayers spend an average of \$100 a year per senior compared to \$9,500 a year per student.

Special Town Meeting is Sept. 27

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Arson suspects apprehended

Three teens face multiple charges

By Rita Savard

Police arrested and charged a third teenager Friday night for repeated arson on Poms Pond, now rounding up what investigators believe to be all suspects involved in a summer-long vandalism spree.

At 9:26 p.m., the 16-year-old male was apprehended on a warrant at his parents' home in Andover after returning from a vacation in Europe. Police said the juvenile was released to his parents on \$5,000 cash bail later that evening.

The third youth, along with two 16-year-old boys who were arrested last Wednesday, were all charged with arson, trespassing, possession of fireworks and possession of ingredients for making a pipe bomb.

"They don't know how lucky they are that they were caught," said Andover Fire Chief Chuck Murnane. "This was, without a doubt, a recipe for disaster. I don't think they knew the magnitude of what they were dealing with. They could have been severely hurt or even killed."

A series of arson incidents and property destruction dating back to the beginning of the summer forced police and fire safety officials to step up security checks at Poms Pond. Since

a brush fire burned about a half-acre of woods surrounding Poms in June, the town's popular summer swimming destination was hit several more times by vandals responsible for ransacking equipment, cutting boat and swimming lines, and setting fires that destroyed a paddleboat and two sailboats, which shut down the townwide regatta two weeks ago.

Police and fire officials said the gradual progression seen over the summer from brush fires to pipe bombs was escalating to "life threatening" proportions.

One of the most alarming devices found on the two teens caught last Wednesday, said

Continued on page 6

"They were playing with their lives. The good news is they didn't get hurt."

FIRE CHIEF CHARLES "CHUCK" MURNANE

New assistant principals at all 3 middle schools in town

By Rita Savard

With all new administrators at the helm in each of Andover's three middle schools, a new course is being charted for the year ahead.

Former assistant principals, Bruce Maki and Patrick Bucco have stepped into their lead roles at Doherty and Wood Hill middle schools, and Denise Holmes is getting set to tackle a second year as administrator of West Middle.

While these school leaders prepare to welcome new and

returning students on Tuesday, Sept. 6, newly appointed assistant principals are also taking their posts.

Wood Hill Middle School

Bill Fleischmann, 53, of Haverhill, has taught science at Wood Hill since the school opened its doors in 2002.

He began his career in education in Andover, teaching math and science at the former West Junior High School in 1976. After working in the Andover school district

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Theresa McGuinness



Bill Fleischmann

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Powder Mill Square dispute resolution

Developer gives town \$63,000

By Greta Cuyler

Developer Lou Minicucci will donate \$63,000 in down-payment assistance to first-time affordable home buyers at Powder Mill Square in an effort to appease town housing officials.

"I think it's a wonderful thing that he's done," said Paul Salafia, chairman of the town's planning board. "The brass ring here is that we can get diversified housing stock in town and bring affordable units to life."

Minicucci, who has built more than 700 affordable housing units in his 30-year career, said the proposal will provide critical assistance to potential buyers.

"A lot of times, coming up with the initial down payment precludes people from entering into the market," he said. A one-bedroom affordable unit at Powder Mill costs \$145,000, compared with a market rate one-bedroom at \$650,000.

Members of the Housing

Partnership Committee had been irked that affordable units are significantly different from those at market rate: they are smaller, have fewer bathrooms and no parking garages. According to Minicucci, he has not only met the state affordable housing standards, but exceeded them.

Of the 60 total units in the complex, 15 percent – or nine units – are affordable.

According to Lisa Schwarz, senior planner for the town, the one- and two-bedroom affordable units are at least 400 to 600 square feet smaller than the market rate units; none have garages and most only have one bath; while 96 percent of the market units have more.

But despite the disparity between the units, Minicucci has met all of the state-mandated requirements for affordable units. The state requires a one-bedroom to be 700 square feet minimum, a two-bedroom to be 900 square feet, and a three bed-

room to be 1200 square feet.

Powder Mill's dimensions are 870 square feet, 920-980 square feet, and 1250 square feet. The state requires the developer to provide a stove and a washer/dryer hookup. Powder Mill is providing those plus a refrigerator, microwave, trash compactor, dishwasher and washer/dryer. "The real intent is to provide housing of good quality and a certain size," said Minicucci. "Anything beyond that is a luxury."

HPC was concerned that they did not receive a detailed comparison of square footage estimates and configurations of market rate and affordable units until construction had begun.

As part of the special permit, Minicucci was required to deliver a marketing plan to the town. When it arrived, town officials realized the differences.

"The planning board didn't expect it, the housing partnership committee didn't expect it," said

Schwarz. Some of the confusion may stem from Powder Mill not being a typical 40b project, said town housing officials. It was constructed under the Local Initiative Program (LIP) so the affordable units count towards the town's inventory of affordable housing. "In affordable housing, there's plenty of precedent for affordable being smaller," said Salafia.

Although Minicucci said he was somewhat surprised at the town's concerns, he wants to work with the town to go "above and beyond."

"I don't want to take advantage of the town. We want to ensure that everyone walks away satisfied."

The \$63,000 down-payment assistance works out to an average of \$7,000 per affordable unit, or a 5-percent down payment.

If a resident owns the unit for at least five years, the loan does not have to be repaid. If the owner sells within five years, they repay part of the loan to the town.

HPC will vote on Minicucci's proposal at its Sept. 12 meeting.



PHOTO BY TIM JEAN

Of the 60 total units in the at Powder Mill Square complex, 15 percent – or nine units – will be affordable. The developer has offered \$63,000 in down-payment assistance.

SPECIAL TOWN MEETING

September 27, 2005

Selectmen approved a petition for a Special Town Meeting at Monday night's Board of Selectman meeting. As expected, Dorothy Bresnahan submitted a proposal to Town Clerk Randall Hanson on Monday, Aug. 15 with more than 200 signatures from registered voters, requesting a special town meeting to revote on the proposal for a new senior center, which was defeated by just 16 votes at Town Meeting last spring. Warrant article forms may be found at: www.andoverma.gov.

KEY DATES

Monday, August 22:
Tuesday, August 30:
Wednesday, August 31:
Thursday, September 8:
Tuesday, September 13:
Friday, September 16:

Tuesday, September 20:
Tuesday, September 27:
Tuesday, November 1:

ACTION

Warrant opened
Warrant closes at 4:30 p.m.
Selectmen sign warrant
Warrant published in *Townsmen*
Warrant posted (for 14 days)
Last day to register for Special Town Meeting
(Town clerk's office open from 8:30 a.m. until 8 p.m.)
Finance Committee Report mailed to voters
Special Town Meeting (location Andover High Field House)
Special Town Election (if ballot question passes the Town Meeting)

Special Town Meeting on tap

SENIOR CENTER VOTE

Continued from page 1

Some senior center advocates walked out of the room during Pokress's rant, with one muttering, "He's not worth it."

But when Pokress suggested that Kathy Urquhart, acting director of the Andover Senior Center, had committed a "dismissible offense" by advocating for the new building in a recent newsletter, Town Manager Buzz Stapczynski intervened. The town manager pronounced Urquhart blameless and said he "promotes and requires" his employees to be advocates for their departments. Employees are legally permitted to speak on behalf of issues up until a vote for a special election.

But there was little evidence

to change Pokress's mind about the senior center. He holds a master's degree in statistics and said he completed a statistical analysis of senior center usage during the past six months, with 20 spot visits, spread out over every day of the week, during both mornings and afternoons. "It's almost a totally empty facility," he said, with the excep-

tion of a lively bingo game one day.

"If this (special town meeting) is an emergency, what do you see as items that could be cut from the budget," asked Pokress, referring both to the legal definition of a STM as an "unforeseen emergency" between two annual town meetings and the budget impact of the Sept. 27 meeting.

Selectmen dismissed Pokress's concern that the board ignored Andover Youth Foundation's proposal for a joint community center. Lyman pointed out that AYF President Larry Larsen withdrew the group's proposal in a July 27 letter to the board.

Allocation of Wood Funds

The Board of Selectmen voted to sponsor a warrant article to allocate approximately \$750,000 of the Wood Trust money to the new senior center if the proposal passes Special Town Meeting on Sept. 27.

Resident Mary Carbone requested the board's support of the proposal, saying it was Cornelius Wood's dying wish to have the money put towards the senior center, a wish Carbone said has been confirmed by Rosalyn Wood.

"The work of seniors over the years shouldn't be reduced down to a ham-and-cheese sandwich."

SELECTMAN MARY LYMAN

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IN BRIEF

PAST AND PRESENT



OLDER PHOTO COURTESY OF ANDOVER HISTORICAL SOCIETY. MODERN-DAY PHOTO BY TIM JEAN
In the top photo is the famous H. Krinsky & Son Salvage Co. junkyard on Park Street, operated by the late Morris Krinsky. His father, Hyman Krinsky, first opened the junkyard on the site in 1926. Prior to that, the property had been the home of Tuttle and Morrison Wagon and Carriage Shop. The buildings on the site were demolished and readied for sale in July 1996. The bottom photo shows the same general area, now between commercial establishments on Park Street.

School-bus schedules being prepared

School bus schedules outlining where the bus stops will be and what time the buses will be there have not yet been made available.

Andover Public Schools workers report that they should release bus-route information in time for publication in the Sept. 1 edition of the *Andover Townsman*. School begins after Labor Day, on Tuesday, Sept. 6.

The *Townsman* special section published last week is a back-to-school section.

It does not contain the bus-route information.

Neighbors blame Chinmaya for duck pond

By Greta Cuyler

Planning Board Chairman Paul Salafia told feuding neighbors to "get amnesia" and resolve their issues by talking to each other.

"Breathe deeply and get amnesia about the past," Salafia advised Richard and Diane Krafon and Gopala Dwarakanath, president of Chinmaya Maruti, when they appeared before the board on Tuesday night.

"When you start talking about the past, remember that you do not remember it."

The Krafons are fed up with the 50-foot-long, 6-inch-deep pond in their backyard, which they say is caused by Mission raising the land for their parking lot and disturbing the natural flow of water over the property line.

This was the second time the Union Street neighbors have appeared before the board, with each side saying the other is unwilling to discuss the issue.

The Krafons have hired local attorney David Bernardin to help resolve the dispute, but the planning board refused to get involved, saying this is not the town's problem.

Dwarakanath said the Krafon's "pond" is "not a sus-

Quote, unquote . . .

I THINK IT'S A WONDERFUL THING that he's done.

— Paul Salafia, chairman of the town's planning board, on developer Lou Minicucci offering to donate \$63,000 in down-payment assistance to first-time affordable home buyers at Powder Mill Square. (Story, page 2)

THIS WAS, WITHOUT A DOUBT, a recipe for disaster. I don't think they knew the magnitude of what they were dealing with. They could have been severely hurt or even killed.

— Fire Chief Chuck Murnane, on the suspected arsonists he confronted last Wednesday night. (Story, page 1)

News Calendar

Thursday, Aug. 25

Council on Aging, Town Offices, third-floor conference room, 6:30 p.m.

Commission on Disabilities, Memorial Hall Library, activity room, 7 p.m.

Monday, Aug. 29

Contributory Retirement Board, Town Offices, third-floor conference room, 9 a.m.

Wednesday, Aug. 31

Board of Selectmen, Town Offices, third-floor conference

room, 7:30 p.m.

Thursday, Sept. 1

Zoning Board of Appeals, Memorial Hall Library, the Hall, 7 p.m.

Tuesday, Sept. 6

Conservation Commission, Town Offices, third-floor conference room, 7:45 p.m.

Wednesday, Sept. 7

Finance Committee, Town Offices, second-floor conference room, 7 p.m.

Andona Society babysitting course

Volunteers from the Andona Society announced their annual babysitting course will be held starting next month. The program is an interactive course designed to educate middle-school children on the basics of babysitting. The course, which is open to all Andover middle-school students, begins the week of Sept. 19 and will run for six weeks. Sessions will be held on Tuesday evenings at 6:30 at Marland Place, or Wednesday afternoons at 2:30 at West Parish Church.

Correction

The principal of one of the Andover public schools was incorrectly identified in the Back to School section of last week's *Andover Townsman*. The principal of Bancroft Elementary School is Scott Morrison.

Affordable housing trust bylaw to appear on Town Meeting warrant

By Greta Cuyler

When Andover joined the North Shore HOME Consortium in early 2005, it got something we could all use: free money.

The Peabody-based organization distributes federal affordable housing funds to 30 cities and towns north of Boston.

The town has already received its first grant of \$50,000 from the group, to be awarded in five \$10,000 bundles to first-time home buyers at Brookside Estates.

Andover is due to receive another allotment from the group in October. The consortium receives about \$2.3 million from the federal government each year.

Joining the consortium means

that, for the first time, town coffers will have money specifically earmarked for affordable housing.

To keep monies separate from the town's general operating account, voters approved an affordable housing trust at last spring's town meeting.

Voters will soon weigh in on the second step of the process: an affordable housing trust bylaw detailing the trust's authority. The bylaw details the number of trustees (5-7), length of term (two years in most cases), meeting dates (quarterly) and general powers of the trustees.

The bylaw was devised by the Andover Housing Partnership Committee and will appear on the

warrant for September's Special Town Meeting.

"Town of Andover residents will have an opportunity to see what the trust language looks like," said Lisa Schwarz, senior planner for the town.

The trust will also help town officials maintain its 10 percent 40b allotment of affordable housing, especially when an affordable housing resident decides to move and sell a unit. If the unit is not sold to another affordable home buyer within 180 days, it converts to market rate and the town loses a unit they can count towards 40b. What the town does receive however, is the monetary difference between the affordable and mar-

ket rate selling price. This money can then be used to "pay down" another unit, make it affordable and replenish the stock for the town's count. Although Andover has not yet encountered this situation, Schwarz predicts it will only be a matter of time, given the number of affordable units that have converted from rental to ownership over the past several years.

The \$50,000 grant for first-time homebuyers at Brookside Estates will serve as an interest-free, payment-free loan for buyers who sell the unit within 10 years: the \$10,000 will be repaid to the town out of the selling price. But if a buyer owns the unit for more

than 10 years, the loan is forgiven and becomes a grant.

Use of the consortium funds is contingent upon the organization's approval of the project, a project timeline and assurance that funds will be used for residents at less than 80 percent of the town's median income.

Schwarz credits the town's housing partnership committee for being so active over the past four years. The North Shore HOME Consortium, she says, is another network for Andover, providing ideas and money for the town.

"I think it'll be productive for us to use the funding from the consortium and other places and other grants to help people in Andover," said Schwarz.

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POLICE LOG**ARRESTS**

Wednesday, August 17 – At 11:57 a.m., Jeffrey S. Finnegan, 41, of 250 South Main St., was arrested and charged on a warrant for motor vehicle charges.

At 12:25 p.m., Vincent Alaimo, 48, of 198 Brookdale Ave., Methuen, was arrested and charged on a warrant for motor vehicle charges.

At 7:30 p.m., two 16-year-old males were arrested and charged with possession of fireworks, trespassing and possession of pipe-bomb ingredients at Pumps Pond.

Thursday, August 18 – At 2:02 a.m., Robert Perry, 19, of 68 Princeton Ave., was arrested and charged with speeding, operating under the influence of alcohol, underage drinking, possessing open liquor containers and possession of a class D substance.

At 8:53 p.m., Derek L. Lennarston, 34, of 1374 Merrimack St., Dracut, was arrested and charged with possession of drugs.

At 9:15 p.m., Mark Lennarston, 36, of 60 South Belmont St., Manchester, N.H., was arrested and charged on warrants for conspiracy to violate drug laws and possession of drugs.

Friday, Aug. 19 – At 9:34 p.m., A 16-year-old male was arrested and charged on a warrant for three counts of "burning personality" – possession of fireworks, trespassing and possession of pipe-bomb ingredients.

Tuesday, Aug. 23 – At 4:10 p.m., Brian C. Leary, 21, of 436 Andover St., was arrested and charged with operating a motor vehicle with a suspended license, failure to wear a seat belt and miscellaneous equipment violations.

At 4:32 p.m., a 15-year-old male was arrested and charged with assault and battery on a household member.

INCIDENTS

Wednesday, Aug. 17 – At 5:09 p.m., a local business reported a woman in the store shoplifting. The subject had a New Hampshire address.

At 6:14 p.m., Fire Chief Chuck Murnane reported some kids were setting off fireworks at Pumps Pond and requested police assistance. Two juveniles were arrested.

At 7:29 p.m., a caller reported a woman sleeping behind the wheel of a parked BMW. The caller said they spoke to the woman, who awoke and left the area.

Thursday, Aug. 18 – At 6:38 a.m., a resident reported two juveniles who were possibly lighting candles in the area of West Parish Drive. Police located a 14-year-old male who was lighting pine needles next to his house. Police spoke to the subject's mother.

At 2:03 p.m., a 911 caller reported her 14-month-old triplets were locked in her vehicle. The caller told police the children appeared to be in no immediate danger and was going to contact the car dealership for an access code. Police arrived at the address and said the caller's father-in-law had smashed the back window of the car in order to remove the children.

At 3:06 p.m., a couple of raccoons were removed from a dumpster on Lowell Street.

Friday, Aug. 19 – At 5:53 a.m., police assisted the Andover Fire Department ambulance in restraining a 33-year-old male at a group home who was acting "very agitated and upset" and was becoming violent. The patient was transported to the hospital via ambulance.

At 8:14 a.m., a caller reported a truck fire on Route 93 at Exit 41, Wilmington.

At 7:10 p.m., a police officer reported witnessing a Lowell Street resident kick a dog hard enough to lift the animal off its feet. By the time the officer turned around to address the incident, the subject had left the area. Police took down the license plate and reported they would attempt to speak with the subject at his residence later.



PHOTO BY TIM JEAN

Last Wednesday, Aug. 17 at 7:30 p.m., two 16-year-old males were arrested and charged with possession of fireworks, trespassing, and possession of pipe bomb ingredients at Pumps Pond. Some of the evidence seized by police is shown above.

Saturday, Aug. 20 – At 4:08 p.m., a 50-year-old male was reported to have run away from a group home. Police reported the subject voluntarily went to the hospital.

At 9:32 p.m., a camper reported hearing gunshots in the area of Jenkins Road. Police said the noise was someone cutting wood.

At 9:58 p.m., Customers and employees of a River Road restaurant reported a male adult abusing a young child inside the eatery.

Sunday, Aug. 21 – At 2:17 p.m., a Main Street business reported having a female shoplifter in custody.

At 4 p.m., a motorist reported kids on the Horn Bridge throwing objects at passing cars. Police checked the area and found no one.

At 8:18 p.m., a resident reported that her neighbors had "electronic crickets" that were making too much noise. Police spoke to the caller.

At 10 p.m., a Harding Street resident reported a ferret on her front porch that would not move. The ferret was transported to the police station.

Monday, Aug. 22 – At 10:47 a.m., a caller reported a large truck hit the cement wall at Palmers restaurant and damaged it.

At 12:05 p.m., police assisted the fire department with controlling a lawn mower fire on Salem Street.

At 4:24 p.m., a Riverina Road resident reported someone dropping packages off at a local residence that they believed might be drug related.

At 4:07 p.m., a motorist reported driving behind a truck on Shawheen Road that was full of trash and other items which were not tied down. The caller said all of the trash came flying off the truck and onto his car.

Tuesday, Aug. 23 – At 12:04 p.m., a stray beagle was found and transported to Andover Animal Hospital.

At 4:30 p.m., the animal control officer reported a dog-bite incident in the area of Hemlock Road.

At 8:29 p.m., a female caller reported her father hit her and kicked her out of the house.

BREAKS

Friday, Aug. 19 – At 6:35 a.m., a Brookside Drive resident reported her car was broken into during the night.

At 8:28 a.m., A Brookside Drive resident reported his car was broken into during the night and a radio was stolen.

At 9:01 a.m., a Spring Valley Drive resident reported her car was broken into during the night and a stereo, CD, and changer were stolen.

At 9:02 a.m., a Brookside Drive resident reported her car was broken into during the night and the front dashboard was stolen.

Sunday, Aug. 21 – At 11:14 a.m., a Chestnut Street resident reported her garage broken into during the night.

THEFTS

Friday, Aug. 19 – At 8:01 a.m., a Maple Avenue resident reported a tire was taken from her car sometime after 9 p.m. Thursday.

At 4:10 p.m., a resident came into the police station to report \$100 stolen by a maid from a cleaning service on Wednesday.

Saturday, Aug. 20 – At 9:18 a.m., a Bellevue Road resident reported a few items were stolen from a yard sale she was having.

At 10:40 a.m., a Beacon Street resident reported a "caution children" sign was stolen from her yard during the night.

AUTO ACCIDENTS

Wednesday, Aug. 17 – At 6:31 p.m., a Boxford resident reported a hit-and-run while her vehicle was parked in the Shawheen Plaza.

Friday, Aug. 19 – At 4:19 p.m., Tewksbury police reported a hit-and-run accident in their town and a vehicle plate check traced the suspect to an Andover address. Andover police filed a report.

Monday, Aug. 20 – At 12:04 p.m., vehicles pulled over for an ambulance to pass and hit each other. Police requested an ambulance for a male who had struck his head on a windshield.

Tuesday, Aug. 21 – At 6:42 a.m., a two-car crash was reported at the entrance of Raytheon. One car was disabled, blocking traffic. No injuries were reported.

VANDALISM

Saturday, Aug. 20 – At 10:40 a.m., a Bartlett Street resident reported a parked car in front of their home had a window smashed by a rock.

Monday, Aug. 22 – At 11:24 a.m., a Longwood Drive resident reported multiple cars were covered with mustard and ketchup overnight.

At 12:21 p.m., a Bullfinch Drive resident reported that someone might have tampered with her car overnight.

— Compiled by Rita Savard

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Bats in your belfry?

BAT SEASON IN ANDOVER

Continued from page 1

says, explaining that a single bat can consume about 6,000 mosquitoes in one night.

Venturing out of their habitats at dusk to feed on flying beetles, moths and mosquitoes, bats eat billions of bugs each summer, making them more handy to have around the home than bug zappers, a stockpile of citronella candles and pesticides combined, say bat enthusiasts.

"But people are afraid of anything they're not familiar with," Horwitz adds. "They automatically think of rabies and nightmarish scenes associated with horror films. The truth is, less than 1 percent of bats carry the rabies virus, and bats are also very shy so they will try to avoid contact with humans as much as possible."

Out of approximately nine species of bats found dwelling in Massachusetts, the most common are the little brown bat (*Myotis Lucifugus*) and the big brown bat (*Eptesicus Fuscus*). Both of these species seek hot, dark places to call home, making attics and barns attractive retreats. Because natural outdoor habitats such as trees and caves continue to disappear, more and more bats are opting for refuge in homes, Horwitz says.

Little brown bats, measuring 4 1/2 to 5 1/2 inches long, with wingspans reaching up to 10 1/2 inches, prefer hot attics. In the winter months, this species will typically abandon their attic spaces to hibernate in a cave or mine.

Big brown bats, which can grow up to 8 inches in length with wingspans up to 12 inches wide, could choose to hibernate in an attic or building throughout the winter.

But the "false" stigma of evil and doom that has long preceded bats often foreshadows their positive attributes, says Linda Cocca, coordinator of wildlife information at the Massachusetts Audubon Society.

"It's too bad bats have such a bad reputation because they are so beneficial to the environment," says Cocca.

Dr. Thomas Kunz, a researcher at Boston University, estimates that the bats living within Route 128 eat 13 tons of insects each summer.

"Without bats, there's no question you'd see a lot more bugs around, especially mosquitoes. Some people are just thrilled to have such insectivores living in their eaves."

Bat Solutions & Bat Myths

Keeping in mind that not all humans are as happy or comfortable sharing their abodes with bats, some wildlife experts offer the following solutions to bat-proof homes, as well as some insight to dispel popular myths associated with the world's only flying mammal.

Rabies and diseases

Although bats are known to carry rabies, the incidence of the disease is very low, about 0.1 to 0.5 percent, according to the state Department of Public Health.

"You are much more likely to contract rabies from a raccoon or even a neighbor's dog than from a bat," Horwitz says.



"But I was hungry" — A single bat, such as this brown bat, can devour about 6,000 mosquitoes in one night.

While there has never been a confirmed case of bat-transmitted rabies in Massachusetts, according to Horwitz, like any wild animal, humans should never handle a bat with bare hands.

Rabies is transmitted by bodily fluids, says Horwitz. An animal licking, biting, scratching or secreting saliva onto the skin could put a person at risk.

"People don't always consider that there are even nicks in their cuticles that could place them at risk for contracting the rabies virus," Horwitz says.

Historically, rabies incidents in Massachusetts during the early 1900s were primarily carried by dogs, Horwitz says. But since there has been a regular system of vaccination for dogs and cats, those incidents "have dropped way off."

Histoplasmosis is a disease caused by a fungus found in soil contaminated by bat droppings (commonly known as guano). It is rare to find the fungus in the hot, dry attics of New England, according to the Mass Audubon Society. Humans can be affected by breathing dust containing the spores.

However, guano is more commonly present in damp caves where thousands of bats roost.

"Is it a scary thing or an epidemic? No," says Tom Drapeau, owner of Freedom Pest Control, which serves Andover. "As long as it's (the droppings) not airborne, it's fine."

It is rare for a person to find thickly piled bat droppings in their attic space. Finding bat droppings is normal when bats are living in the attic, says Drapeau, but a pile of guano that is three or four inches thick could cause flu-like symptoms if disturbed—or more harmful effects to someone with a compromised immune system.

If a person feels the need to rid their attic space of bat droppings, Drapeau advises wearing a dust mask, protective clothing and gloves, and using an antibacterial spray to clean them. Licensed pest control workers can also remove guano inside homes.

Hairy urban legends

A common fear, says Horwitz, is that bats are attracted to human hair.

"Bats travel by echolocation in caves where it is totally dark," Horwitz says. "If they're being chased (by humans) in a home or building they may bump into something, but other than that the likelihood of a bat bumping into a human and getting tangled in their hair is next to nil."

Mass. Audubon bat expert Cocca says another misconception is bats' "dive-bombing" for hair.

"When people see them diving, they are actually going after tiny insects that we can't see," Cocca says.

Bloodsuckers

Bats that feed on blood from livestock and birds do exist, but you will not find them roosting in your attic, says Horwitz. Bats in Massachusetts and throughout the United States enjoy a strict diet of

insects. Like the legendary monster from which they earned their moniker, vampire bats reside in Mexico and Central and South America. These bats do rely on the blood of other animals for survival. However, it is rare for them to bite humans for blood.

Evicting bats — One bat

A lot of people are intimidated by bats, which can suddenly appear flying around a room in the middle of the night, according to Drapeau, of Freedom Pest Control.

Mid- to late summer typically brings with it a pattern of young bats learning to fly and taking some unexpected detours.

"Usually the August bat problems are the infants not listening to the parents," says Drapeau. "They start exploring and get lost, and sometimes end up entering the home."

To rid your house of a stray bat, it is best, if possible, to close it off in one room and leave a window open. The bat will eventually fly out on its own, Drapeau says.

"The worse thing you can do is chase a bat down and try to kill it with a tennis racket or other object," adds Horwitz. "Using (leather) gloves, once a bat is settled, try to cover it with a thick towel, or a shoe box and slide a piece of cardboard underneath so you can release it back outside."

Evicting bats — More than one

Bats, like almost all wildlife, are protected species, according to Mass. Wildlife. While most bats will typically leave attics in the winter months to hibernate in caves and mines, some species such as the big brown bat might choose to stay inside an attic with their small colony.

Licensed exterminators are trained to conduct "exclusions" that bat-proof a home without killing the animals. Bat exclusions start at about \$1,400 and can be more. Exclusions, says Drapeau, can also be conducted by a homeowner to save some money.

In the summer, little brown bats and big brown bats commonly use buildings to raise their young. A mother bat raises one baby at a time, according to Horwitz, which is about one quarter of the mother's body weight. The heat of an attic keeps babies warm and allows them to grow more rapidly. Because babies do not begin flying on their own until around August, bat exclusions should not be performed until the spring or fall to avoid having dead babies trapped inside the home.

Toward the evening, when bats fly out to feed on bugs, the insectivores become more active and might even be heard squeaking as they gather around exits. Drapeau suggests keeping an eye out at dusk to see when and where the bats are exiting. Locating where droppings are in an attic, or outside the home, could also point to entryways.

If there is no access to the attic, Drapeau suggests looking at any and all openings that a bat might use, including chimneys, unscreened attic vents, holes and cracks in rotted eaves and window sills, chimney flues, open cellar hatches (bulkheads), and gaps in loose or warped siding.

"Seal up all the holes you can," says Drapeau, adding that a latex-base insulating foam works well because bats won't chew through it. "Then leave one exit open and put a one way door over it."

Drapeau says a simple one-way door might be a three-foot section of dryer vent, with a woman's nylon stocking pulled over the end.

"Cut the stocking so that there is an opening on the end of it, and make sure you give it about two weeks before removing the one-way door and sealing up the hole for good."

Horwitz adds that a pillowcase with a hole cut in one end also makes a good one-way door option.

Bats avoid light and drafts as well, so keeping a fan on and an attic illuminated will deter the nocturnal animals from getting too comfortable indoors, Horwitz advises.

Another option, Cocca says, is putting up bat houses. Like a birdhouse, bat houses can be placed in trees to lure the animals away from people's homes.

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All 3 middle schools have new assistant principals this year

WOOD HILL MIDDLE SCHOOL: BILL FLEISCHMANN

Continued from page 1

for five years, Fleischmann moved to Texas, where he spent 19 years teaching in the local schools, including serving 15 years as an assistant principal.

Fleischmann returned to Massachusetts six years ago and became employed at Andover High, where he taught science before crossing over to the middle school.

"I've spent years working with middle school students in west Texas and felt that was where I needed to be," Fleischmann said. "The opportunity to open a new building was also exciting. Educators don't often have that chance."

Fleischmann said the assistant principalship at Wood Hill seemed like the best way for him to serve the school's student body. He said he is looking forward to his new role in a school community that is "filled with such a positive energy."

Wood Hill's new principal this year, Patrick Bucco, who formerly held Fleischmann's job, said his successor's leap from high school to middle school raised a few eyebrows when narrowing the candidate pool.

"Right there, that said a lot," Bucco said. "He was happy at the high school but he believed in the middle school concept. He also had experience as an administrator, which was a great asset."

Bucco, describing Fleischmann as "a favorite" teacher among Wood Hill's students, adds that the new assistant principal has earned a reputation at his school for being a "go-to" teacher who is "hard working and organized."

Doherty Middle School

With a background in administration and guidance, Theresa McGuinness, 42, was called the "strongest" candidate out of 10 finalists seeking a place within one of Andover's oldest schools.

"A guidance background does come in handy with students in every level of education," said Doherty principal, Bruce Maki. "It gives the individual a better understanding of where a student is at emotionally."

An educator since 1986, McGuinness began her career at Nashua High School. In the early 1990s, she was teaching advanced level classes to seniors, and also working with students who were at risk of dropping out.

"I found I had more of an affinity for the person than the science," said McGuinness, who went back to school to pursue a master's degree in guidance counseling. "I wanted to be able to reach kids earlier on, and help them get through the transition process from middle school to high school."

McGuinness then worked as a guidance counselor at a middle school in Exeter, N.H., before accepting an assistant principalship at Nashua High School North - a school with 2,100 students.

"It was such a large school that the administrator role did not allow frequent enough interaction with students and I missed the middle school atmosphere," McGuinness said.

The new assistant principal said she read many help wanted ads for administrative positions, but Doherty was the only one she applied to.

"I thought it was a great school," she said. "The students are happy and the parents are happy. They all love their school. I'm ready to learn the school's culture and get to know all the students."

McGuinness and her two daughters, Mikala, 17, and Kelsey, 16, reside in Exeter, N.H.

West Middle School

When Stephen Murray ended his assistant principalship at a Chelmsford middle school in June, he was embraced with a unique honor.

"At the eighth-grade commencement assembly, the principal presented a school spirit award to students with outstanding grades," said Denise Holmes, principal at West Middle. "This new award was named after Mr. Murray."

Murray, 35, earned his master's degree in education from UMass Lowell. He worked as an assistant principal in Chelmsford for

seven years.

Parents and teachers whittled down the list of about eight hopefuls in the assistant principal search to two finalists. In the end, Holmes said, her decision was based on Murray's long track record for administrative excellence.

"I had the opportunity to know first-hand the quality of Murray's work," Holmes said. "I can think of no better fit for this middle school."

Murray, who lives in New Hampshire, was unable to comment because he was away on his honeymoon.

The new assistant principal at West Middle was married to Pamela McKeown, a Chelmsford school teacher, last Sunday. He returns to his post next Tuesday, Aug. 30.

Arson evidence: 'A recipe for disaster'

EXPLOSIVES AND FIREWORKS

Continued from page 1

police, was a bag of white powder believed to be potassium nitrate and a two-foot lead pipe with a hole drilled into one end that was blackened by flames.

"Most people start blowing themselves up when they screw the cap on," said Police Chief Brian Pattullo, explaining that the substance lining the lead pipe is a component of gunpowder.

The white powder, said Police Lt. James Hashem, gives off oxygen when it burns.

"Combined with a combustible material, this could cause quite an explosion," said Hashem. "Ammonium nitrate and diesel fuel was used in the Oklahoma City bombing."

Murnane said a hunch prompted him to stop by Pumps Pond around 7 p.m. last Wednesday, where he found two teens hiding behind stacks of boat docks on the beach after setting off fireworks.

"I was on my way home," said Murnane. "I had a key to the gate and just drove down the road slowly when I saw a couple of flashes and two kids take off."

A group of about five teens, who were fishing in the area, pointed Murnane in the direction the two youths were headed.

"I walked around the pile of docks and the two boys were there, huddled behind them," Murnane said. "I asked them what they were doing and they said 'just chillin' out.'"

The fire chief called police, who seized a backpack from the boys that was filled with an arsenal of explosives.

Assorted fireworks, sparklers, two cigarette lighters, a folding knife, flashlight, two pellet guns and a bag with an unidentified gravel-type substance were all marked as police evidence, along with the homemade

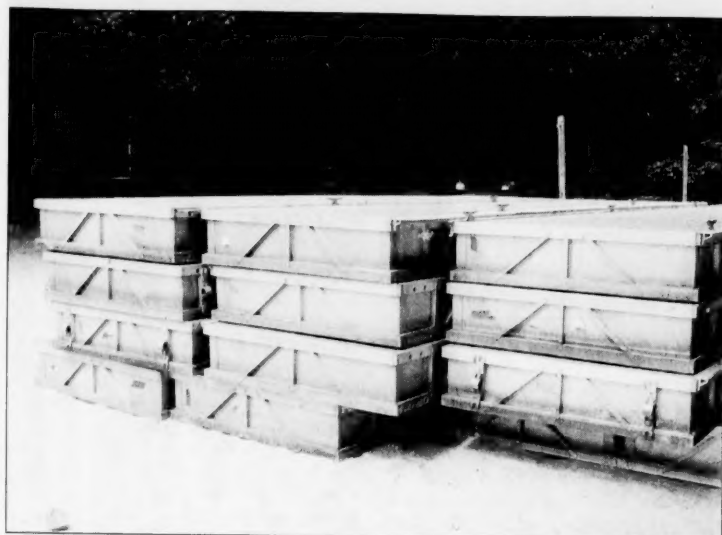


PHOTO BY TIM JEAN

Fire Chief Charles Murnane found two of the suspected arsonists at Pumps Pond last Wednesday night while they were hiding behind these boat docks on the beach.

pipe bomb materials.

At least one of the teens also admitted to torching a front-end loader at the town dump on Aug. 6, which cost close to \$300,000, according to police Sgt. Don Pattullo.

Police are still investigating the arson and trying to determine whether any of the boys were involved in other incidents in town over the summer, including several dumpster fires and a Trombly Co. bus that was ignited in July.

All the items the boys carried were purchased in area stores, police said.

The fireworks, according to the teens' statement to police, were bought in Salem,

N.H.

All three teens were held on \$5,000 cash bail. The two juveniles arrested Aug. 17 appeared in Lawrence District Court last Thursday and were ordered to stay away from Pumps, given a 6 p.m. curfew, and told to remain drug- and alcohol free, as they could be subject to random screens, according to Steve O'Connell, spokesman for the Essex County District Attorney's office.

Police said they would not press the district attorney's office to move the case to adult court, where more serious charges would apply.

If convicted in juvenile court, O'Connell said, the boys face up to three years in jail.

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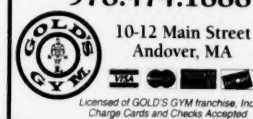
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Notice of Class Action Settlement

Barnes v. Fleet Nat'l Bank, 01-CV-10395 (D.Mass.)

If you had a deposit account at BankBoston, N.A. and received a "change-in-terms" notice from Fleet National Bank in March or April 2000 when Fleet acquired BankBoston, you may be entitled to receive money from this class action settlement.

The parties to a class action lawsuit against Fleet National Bank have agreed to settle the lawsuit. If the Court approves the settlement, this will resolve the case and pay up to \$25 per account to people who are in the class. Class counsel will seek up to 25% of the settlement fund for fees and costs.

If you received a notice in March or April 2000 that your BankBoston deposit account would become a Fleet account in connection with the Fleet-BankBoston merger, you may be a class member. Persons who had only certificates of deposit accounts are not class members. If you are a class member, you **must** send a claim form by January 16, 2006 to receive a share of the settlement fund.

A notice describing the proposed settlement, the right to opt out of the class or object to the settlement and a claim form for benefits is available from the settlement website, www.changeintersettlement.com or by writing to the Settlement Administrator at: P.O. Box 37018, Philadelphia, PA 19122. Your deadline to opt out or object is October 27, 2005. A fairness hearing for the settlement is scheduled for November 16, 2005 at 2:30 p.m. at the U.S. Courthouse, 1 Courthouse Way, Boston, Massachusetts, Courtroom 2.

Education

Trading places

ON CAMPUS

Andrew P. Nardone of Andover received an associate in science degree from Castleton State College in Castleton, Vt. on May 14.

Nardone majored in communications.

□□□

The following Framingham State College students were named to the dean's list for the spring semester.

Dean's list: **Macarena Verdaguier** of Andover, class of '06, majoring in modern languages.

To be selected for the dean's list, a student must earn a quality-point average of 3.25 or higher.

□□□

Sabrina Wood of Andover was named to the dean's list for the spring semester at the University of New Haven in West Haven, Conn.

□□□

Dan Sciabarrasi graduated in May from Curry College with a bachelor of science degree in communication. During his junior year, he spent a semester abroad in London.



Dan Sciabarrasi

Sciabarrasi was a 2001 graduate of Chapel Hill-Chauncy Hall in Waltham. He is the son of Jim and Judy Sciabarrasi of Andover.

□□□

Mary Claire Olsheskie of 3 Bedford Place received the distinction of university honors for both semesters during her sophomore year at the



Mary Claire Olsheskie

University of Michigan. Olsheskie has been accepted to the organizational studies program and selected as a research assistant in the organizational psychology department beginning this fall.

As a member of the National Society of Collegiate Scholars, Olsheskie was selected to participate in the NSCS Distinguished Scholars Program at Georgetown University this summer while working as a summer intern in Washington, D.C. She was featured on the NSCS Web site as Scholar of the Day on May 4 to recognize her academic achievements as well as her contributions to the University of Michigan.

She was a semifinalist for the NSCS Merit Award, nominating her for the award.

Continued on page 8

High school students attend Bentley's college-level lectures in trading room

By Lauren Underhill
What's Up contributor

TWO ANDOVER HIGH SCHOOL STUDENTS know what it's like to be in the pits – the pits of Wall Street.

Laura Manfredi and Eric Latsey spent a week this summer at Bentley College, which offers a residential camp called "Wall Street 101."

The camp for high school students gives them a taste of college life and a real world perspective of the global markets using Bentley's state-of-the-art trading room.

Bentley's facility has resources equivalent to Wall Street's stock exchange including real-time market data from Reuters, Bloomberg, Factset Research Systems among others.

"It just made me feel more grown up learning at a college level," 17-year-old Manfredi of Andover said.

The camp is part of Bentley's precollegiate outreach program and has been running for six years. The competitive program receives about 100 applicants from across the country and accepts only 45 each summer.

Students spend their days in the trading room conducting activities, creating portfolios and listening to lectures by Bentley professors.

"The professor [Patrick Gregory] was so engaging and made you want to learn and made it exciting," Manfredi said.

"From 8:30 a.m. to 5 p.m. we attended college-level lectures in Bentley's trading room, so academically I got a good feel for what college will be like. Socially, I had an even better time."

Latsey, a rising senior at Andover High School, said.

According to the programs director Katherine Lampley, "The course is not watered down; it's actual college material."

Not only were the students gaining college-level skills, said Lampley, they were actually doing what a professional investor would do on a daily basis. Lampley said the camp is not a pick-the-right-stock competition. It emphasizes learning about technical analysis of companies and stocks using the high-tech software available.

The 45 students worked in teams, preparing for a presentation at the end of the week.

The groups' goal was to analyze different companies choosing ones they believed to be smart investments.

"It goes beyond picking – it involves how risky to be and how much to invest in the company," Lampley said.

Parents and members of the Bentley community were invited to hear the presentations at the end of the week. Lampley gives credit to all the students for presenting material to an audience of 100 people that had been unknown to the students just one week earlier.

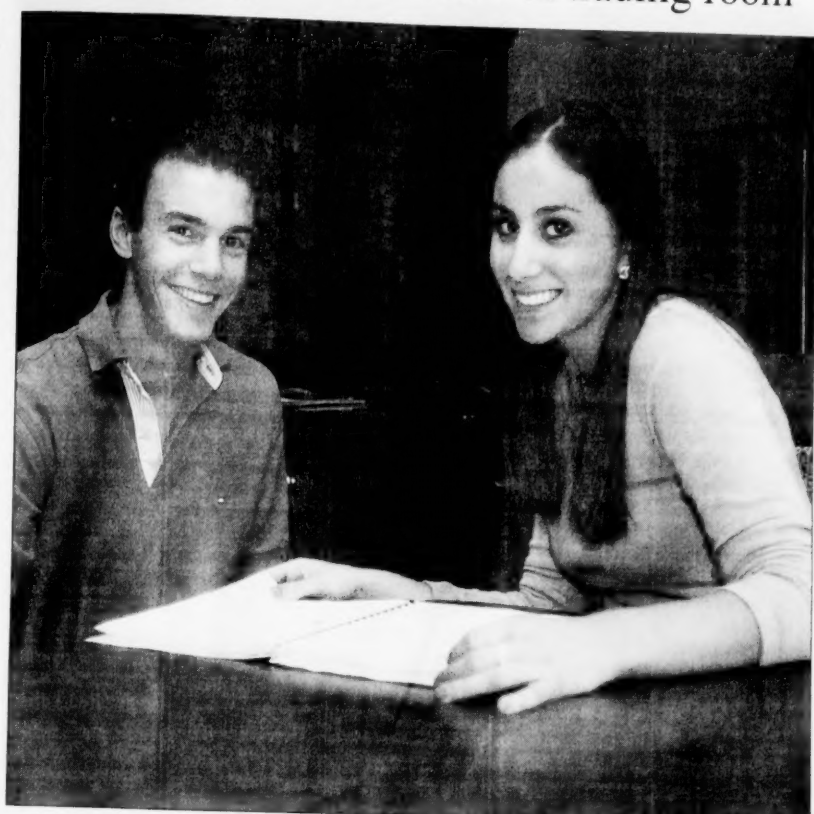
Because there is a great deal of information to absorb during the day, Lampley said the camp tries not to give the students any homework, allowing them to enjoy Bentley's campus and get a glimpse into what college life

will be like. After days in the trading room, students were free to enjoy dorm life playing cards, watching movies and using campus facilities.

Long days in the trading room were broken up with trips to local hot spots such as Faneuil Hall. "One day, we took a break from the trading room and headed into Boston," 17-year-old Latsey said.

"We went to the Boston Stock Exchange and then went on the Boston Duck Tours."

A visit to the Boston Stock



High school students Eric Latsey and Laura Manfredi spent a week this summer at Bentley College's "Wall Street 101," a residential camp where they learned what a professional investor would do on a daily basis.

PHOTO BY TIM JEAN

Exchange gave students a look at what professionals do with the knowledge they gain.

The week-long camp costs \$1,000, which includes housing in the dorms, food at Bentley dining halls, field trips, events and the course itself. Lampley said the only thing the fee does not include is transportation to and from the camp.

The camp has nationwide applicants – accepting students from as far away as Hawaii, Puerto Rico and California, Lampley said.

BOOK REVIEW

Homer Price

BY ROBERT MCCLOSKEY

Reviewed by John Chartier and James Caron

This is a book that parents and children can read together – one that is full of charm and small-town appeal.

Life in midwestern America is famous for its laid-back attitude and "take it slow" lifestyle. Two miles from Centerburg, smack dab in the middle of this nostalgic place and time, lives Homer Price.

Homer Price is our favorite kind of hero, simply because he isn't one. All that Homer is, is a normal, everyday boy living life one day at a time.

Homer Price by Robert McCloskey is a collection of the tales of Homer's life and escapades. The most captivating and, by far, lasting account of the novel is simply titled *The Doughnuts*. One day, while his mother is out at the ladies' club, Homer decides that he wants to help his uncle Ulysses, who owns a quaint little luncheonette downtown. Homer is often able to aid his uncle with all the cutting-edge equipment that Ulysses uses in the diner.

On this particular day, the doughnut machine is broken, and Homer finds it is his responsibility to fix it and make a few dozen doughnuts before the rush from the double-feature movie lets out. Homer is about to find out that this seemingly simple task is going to be anything but!

Homer Price by Robert McCloskey is a marvelously touching, yet relatable group of tales that shine a warm light on what it means to be a boy growing up in midwestern America.

In stories about out-of-control doughnut machines, a mischievous skunk, and a new suburban development that isn't turning out to be exactly normal, the book's readers get to experience the lives and wonderfully quirky adventures of a family in small-town America.

Even though *Homer Price* was written in the 1940s, its tales, characters, and morals still hold true to this day. It is a perfect example of how literature has the ability to transcend generations and never lose a morsel of meaning or interest.

We love that way that McCloskey is able to create characters who are so ridiculously outlandish that, in some ways, they are more realistic than characters who are created with the ordinary in mind.

We have found that most individuals are totally oblivious to the fact that people are more unusual than they realize (or want to realize, for that matter).

We give *Homer Price* by Robert McCloskey a nine out of 10 rating. It is a classic that is sure to mesmerize the reader with its charm and small-town allure. It is a book that is also ideal for parents and children to read together, and we know that it will be enjoyed by all.

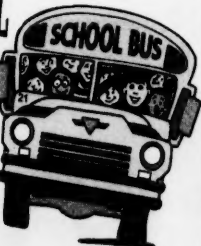
We recommend *Homer Price* for readers ages 9 to 13. Boys and girls who are this age are the most likely to embrace the characters and identify with the situations, although the novel will undoubtedly be enjoyed by all who are willing to give it a try.

So head on down to a diner in your hometown and get a doughnut before heading to your local bookstore to pick up your very own copy of *Homer Price* by Robert McCloskey.

Oh, and be sure to keep an eye out for diamond bracelets in the doughnut (you'll understand later!).



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ON CAMPUS

■ OLSHESKIE HONORED

Continued from page 7

inated as one of the "outstanding members from around the country who exemplify scholarship, leadership and service."

In addition, Olszeskie successfully auditioned for the Compulsive Lyres, an a capella vocal ensemble at Michigan that is a past first-place winner at the International Championship of Collegiate A Capella Ensembles.

She is an officer of Kappa Kappa Gamma sorority and continues her weekly volunteer work with senior citizens at the University Living retirement community, as well as mentoring local elementary school students through the BookMark Program.

Olszeskie is a 2003 graduate of Andover High School.

Fairfield University in Fairfield, Conn., announced the names of the students from Andover who qualified for the dean's list.

Kelly Beatty was named to the dean's list. Beatty majored in sociology at Fairfield and was also active in campus ministry, Boys and Girls Club, Glee Club and Loyola Hall. The daughter of Peter Beatty and Nancy Kendrick, she is a graduate of Austin Prep High School in Reading. Beatty plans a career in social services.

Lauren Hayes was also named to the dean's list.

Hayes majored in Spanish and education at Fairfield University, and was also active on the ski team, which finished second in the league. Hayes, who represented Fairfield at the regional competition, is a graduate of Andover High School. She is the daughter of Joni and Vinnie Hayes.

To be selected for the dean's list, a student must attain a grade-point average of at least 3.5 out of a possible 4.0.

The University of Wisconsin-Madison has recognized

students named to the dean's list for the spring semester of the academic year.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the dean's list, students must complete a minimum of 12 graded degree credits in that semester. Schools or colleges typically require students to rank in the top 10 percent of their class or achieve a grade-point average of 3.75 or higher in order to receive this honor. Andrea Lisa Tuttmann, of 3 Knollcrest Drive, was a student in the School of Education who received this honor.

Tuttmann received a bachelor of science degree in education during spring commencement ceremonies.

Two students from Andover received their degrees during the commencement exercises on May 22 at the University of Rhode Island in Kingston, R.I. They are Bradford Dunn of 25 Buttonwood Drive, and Jonathan McHugh of 1 Aspen Circle.

Rachelle E. Dennis, daughter of Robert and Marjorie Dennis of Orchard Crossing, is a recipient of the dean's award for academic excellence during the spring semester at Colgate University in Hamilton, N.Y. where she is a member of the class of 2006.

A 2002 graduate of Governor Dummer Academy, Dennis is concentrating in political science and Latin at Colgate. After being selected for Colgate's Washington, D.C. study group for the spring term, Dennis served as a paid summer intern at the US Department of Education.

To be eligible for the dean's award, a Colgate student must achieve a 3.3 or higher average while carrying a full course load of four courses per semester.

Rebecca Wolk of Andover recently graduated magna cum laude from Brown University, with a bachelor's degree in neuroscience. She has also been inducted into the Brown chapter of Phi Beta Kappa honor society.

Wolk, a 2001 graduate of Andover High School, will attend the Keck School of Medicine at the University of Southern California in the fall.

She is the daughter of Gary and Paula Wolk.

The following students recently graduated from Assumption College in Worcester at its 88th commencement exercises held May 14:

Allison K. James, daughter of Mr. and Mrs. Kevin James, 45 Greenwood Road; Dennis V. Moran, son of Mr. and Mrs. George S. Moran, 11 Eastman Road; Lindsay K. Shaheen, magna cum laude, daughter of Mr. and Mrs. William Shaheen, 13 Rogers Brook West; and Karen A. Whelan, magna cum laude, daughter of Mr. and Mrs. John Whelan, 8 Avery Lane.

The following students from Andover were recently named to the dean's list at the College of William and Mary in Williamsburg, Va. for the spring semester: Benjamin David Atkins and Eleanor Carol Browne.

In order to achieve dean's list status, a full-time degree seeking undergraduate student in the School of Arts and Sciences must take at least 12 credit hours and earn a 3.6 quality-point average during the semester.

The following students from Andover were named to the dean's list at Suffolk University in Boston for the spring semester of the academic year: Jared Adams, Brenda Day, Shahriar Ghandchi, Jeffrey Harnois, Flora Katsikis, Jonathan Maloney and Heather Martin.

The academic achievements of undergraduates at Vanderbilt University in Nashville, Tenn. have been honored with publication of the spring dean's lists for the Peabody College of education and human development.

Jessica Hsu, daughter of Mr. and Mrs. Huan Hsu of Andover, was named to the dean's list.

To qualify for the Peabody College dean's list, students must receive grades equivalent to a 3.5 on a 4.0 scale for the semester.

Thomas Holber, son of Stuart and Meryl Holber of Andover, and Kaitlin Millerick, daughter of Mr. and Mrs. John Millerick of Andover, were named to the dean's list for academic achievement at Brandeis University in Waltham in the spring semester.

Dean's list honors are awarded to students who have earned a grade-point average of 3.5 or above.

Jeffrey Bouchard of Andover was named to the dean's list for the spring semester at Southern New Hampshire University in Manchester.

To be eligible for this honor, a student must compile an academic grade-point average of 3.0 to 3.49.

Bouchard is majoring in social studies education.

Matthew Scott Hill of Andover, a Dartmouth College student in the class of 2008, has been cited for outstanding academic achievement in Geography 3, English 39 and Philosophy 1 during the spring term.

He is the son of Ronald and Janis Hill.

Members of the Dartmouth faculty are invited to submit citation reports only when a student's work is sufficiently distinguished to merit special recognition. According to the school, such citations are rare; typically, only a few undergraduates receive citations each term.

Kellie Wallace, a May graduate in the class of 2005 at the College of the Holy Cross in Worcester, has been named to the dean's list for the second semester of the academic year.

The daughter of Remick and Cathy Wallace of Andover, she majored in psychology and sociology.

Massachusetts College of Liberal Arts in North Adams announced that the following students have been named to the dean's list for the spring semester.

Alexander Byrne, son of James Bryne of 15 Teaberry Lane, and a member of the class of 2007, is majoring in business/accounting.

Timothy Thomas Meagher, son of Lois and Michael Meagher, and a member of the class of 2006, has an independent major.

Caitlin Rivet of Andover took part in the National Youth Leadership Forum on Medicine, in Chicago, Ill. from July 5 to July 14.

Rivet joined 350 other high school students from around the country who demonstrated academic excellence, leadership potential and an interest in a career in medicine.

Throughout the forum, NYLF/MED introduced Rivet to a variety of concepts in public health, medical ethics, research and general practice, and will include site visits to medical facilities and clinics. Students engaged in a simulation using problem-based learning, an educational method in which students will be presented a fictional patient's case history and must diagnose and develop a treatment plan for the patient.

In addition to visits to cutting-edge medical schools and clinical facilities, Rivet will have the opportunity to hear from and interact with leaders within the medical field. Students had personal contact with physicians, surgeons, researchers, scientists and medical educators as they went behind the scenes to view

these professionals at work.

Two local students were named to the dean's list at Bates College in Lewiston, Maine as a result of their scholastic standing during the second semester of the academic year.

Jeanne M. Lothrop is a first-year student. A 2004 graduate of Andover High School, she is the daughter of Robert and Elizabeth Lothrop, 70 Porter Road.

Natalia W. Tsai is a junior history major. A 2002 graduate of Andover High School, she is the daughter of Robert Tsai and Sue Ellen Huang, 8 Clover Circle.

To qualify for the dean's list at Bates, a student must maintain a better than B+ average for the semester, for a minimum quality-point ratio of 3.6.

Jeffrey Valleria of Andover was awarded a bachelor of science degree, cum laude, at Bentley College in Waltham, on Saturday, May 21 at Bentley's 86th undergraduate commencement exercises.

Valleria, who majored in finance at Bentley, accepted a position at Investors Bank in Boston, where he began work in July.

His undergraduate activities at Bentley included the Bentley Investment Group, as well as an internship at the Gillette Co.

The son of Joseph and Kathy Valleria, he attended Andover High School.

Marquette University in Milwaukee, Wis., celebrated its 124th annual commencement ceremony Sunday, May 22. Undergraduate and graduate students received their diplomas at the Bradley Center in Milwaukee.

Local students who received degrees and their fields of study are: Kendra Bower, bachelor of science, teaching mathematics, with a second major in secondary education; and Hugh Mulligan, bachelor of arts, broadcast and electronic communication, with a minor in history.

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Business

BRIEFS

Prudential performers

Prudential Howe & Doherty Realtors has announced their top-producing agents for the most recent quarter: Amy Sebell, Sue Papalia, and Deborah Lucci Perrone. This recognition acknowledges residential sales professionals whose gross commission income ranked highest among Prudential Howe & Doherty's almost 70 sales associates.

"Amy, Sue, and Deb have done a tremendous job of providing superior customer service and timely real estate advice to their clients," said Chris Doherty, broker and owner of Prudential Howe & Doherty. "We are extremely proud of their ability to provide the most efficient and enjoyable home-buying and selling experience possible."

Sebell has been a realtor for over 20 years, and has been honored as a member of the Hall of Fame and as Prudential Howe & Doherty's Top Producer for 2003. She is an alumna of the Graduate Realtors Institute as well as the University of Pennsylvania, and holds a master's in education from Bank Street College of Education. Her designations include certified residential specialist, fine homes specialist, and certified buyer's representative.

Papalia is no stranger to top honors, having been named for the past two years as a member of Prudential Real Estate's Chairman's Circle, which recognizes the top 4 percent of Prudential Realtors nationally, as well as a Prudential Howe & Doherty Top 3 Producer for the past four quarters.

Perrone was also recognized as the No. 1 Prudential agent in the state of Massachusetts for the first quarter of 2005, is a member of Prudential Real Estate's Chairman's Circle, and is a certified relocation specialist and a fine homes specialist.

Burke receives high marks

Christine Routhier Burke, CFP of Commonwealth Financial Group, 23 Main St., has been authorized by Certified Financial Planner Board of Standards Inc., a professional regulatory organization, to use certain certification marks in accordance with CFP board of certification and renewal requirements.

These marks identify those individuals who have met the experience and ethical requirements, have successfully completed financial planning course work and have passed the CFP Certification Examination covering the following areas: the financial planning process, risk management, investments tax planning and management, retirement and employee benefits, and estate planning. CFP certificate holders must also agree to meet ongoing continuing education requirements and to uphold CFP board's Code of Ethics and Professional Responsibility and Financial Planning Practice Standards. Burke specializes in financial planning, long-term care, and retirement income needs, according to a release.



Christine Burke

IRS: Teachers, educators get tax deduction for supplies

With back-to-school sales in full swing, the Internal Revenue Service, with a branch in Andover on Route 133, reminds teachers and other educators to save their receipts for purchases of books and classroom supplies. These out-of-pocket expenses may lower their 2005 taxes.

The deduction is available to eligible educators in public or private elementary or secondary schools. To be eligible, a person must work at least 900 hours during a school year as a teacher, instructor, counselor, principal or aide.

Educators may subtract up to \$250 of qualified expenses when figuring their adjusted gross income (AGI) for 2005. This deduction is available whether or not the taxpayer itemizes deductions on Schedule A.

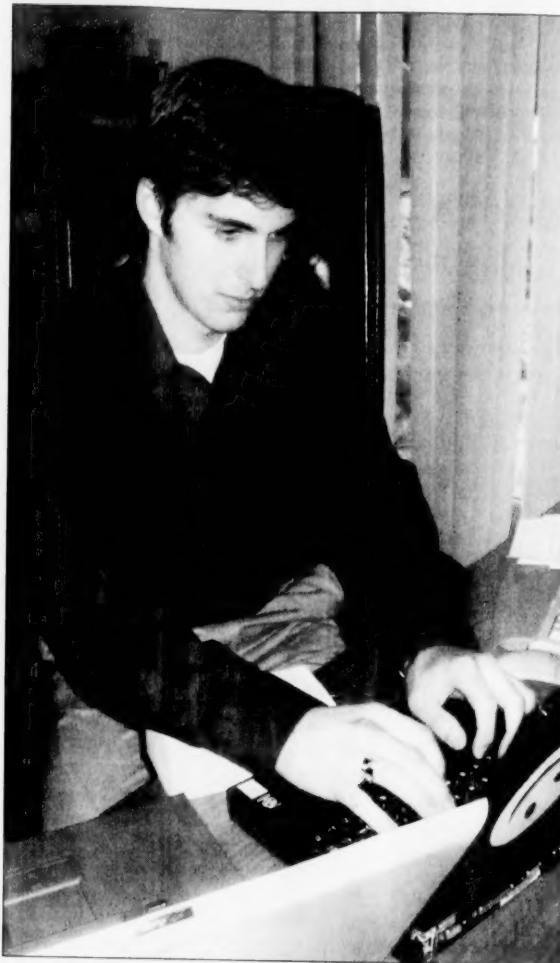
The IRS suggests that educators keep records of qualifying expenses in a folder or envelope with a label such as, "Educator Expense Deduction," noting the date, amount and purpose of each purchase. This will help prevent a missed deduction at tax time.

Under current law, this deduction is scheduled to expire at the end of 2005. In tax year 2003, the most recent year for which figures are available, educator expense deductions totaling almost \$814 million were claimed on nearly 3.3 million individual income tax returns.

For more information call the IRS Tele-Tax system toll-free at 1-800-829-4477 and listen to topic 458.

17, with a start-up company

AHS senior Alex Levine repairs computers with his Andover Computer Solutions



Alex Levine, 17, has started his own business, solving the computer problems of fellow Andover residents.

By Lauren Underhill
What's Up contributor

Clients of Andover Computer Solutions are surprised – but that doesn't mean disappointed – when 17-year-old Alex Levine shows up at their door.

"I was surprised that he was a junior in high school. When I e-mailed him, he sounded so businesslike and professional. So when he showed up at my door I thought, 'OK who is this?'" Joanne Breau of Andover said. Her daughter works at Perfecto's Café, where she saw Levine's advertisement on the bulletin board.

Postings in local establishments such as Perfecto's and The Blue Cow could be just the beginning of 17-year-old Alex Levine's up-and-coming computer company. The incoming senior at Andover High School has been laying the groundwork of his computer-repair company since the spring and has already gained trusted clients who have been satisfied with his work. "I passed his card on to my aunt," Breau said.

Breau's computer, which she purchased used, was suffering from a virus and pop-ups that took over the screen, eating up memory.

"He seemed very confident and determined to get the job done. He completely cleaned out the computer so it was like brand new," Breau said.

Levine's company, Andover Computer Solutions, can fix a variety of technical problems on Windows-based machines, from improving slow performance to

eliminating pop ups. Other problems and technical questions can be answered with the help of his company, too, he said. Levine is currently helping Andover resident Lisa Nardone set up her new business on her computer.

Levine has always been interested in computers since his family purchased their first desktop when he was 5. He remembers his grandfather teaching him all about the computer. After helping friends fix their computers, Levine realized he was good with technological problems. The 17-year-old, who is interested in business, decided that creating his own computer company could help him make and save money for college.

In the future he plans for his one-man show to expand. With school starting again in September and college applications and SATs on the horizon, Levine hopes to recruit technical assistants to help him out. He already has some computer-savvy friends who are interested in joining him.

With companies such as Geek Squad charging almost \$200 for in-store repairs, Levine believes his company is a great price alternative for people looking to spend under \$100 for in-home services. "The advantage is that I'm not an adult, so I don't have many expenses. So I can charge a lot less," Levine said.

Levine charges by the hour, plus the cost of equipment needed for repairs. Contact Alex Levine at 978-470-3379 or e-mail him at AndoverComputer@comcast.net.

OH, BABY!

Leslie Babbitt creates new clothing line for the younger set

By Alessandra Siraco
What's Up contributor

Andover resident Leslie Babbitt says her clothes – the clothing line Babbitt Designs – are "very different from anything else out there because they're timeless."

Babbitt owns the boutique Babbitt Designs and Healing Arts at 68 Park St., where she also lives. She started designing about 30 years ago, and now she is coming out with a new line, called Baby Babbitts, for children ages 2 to 6.

"I've been designing Baby Babbitts for quite some time," she says, "and now they've become more and more popular with adult Babbitts for their children." The new children's line features overnight bags, jackets, tops, hats, and skirts for little girls. The fabrics showcase an "array of beautiful, wonderful, bright, happy col-

ors," says Babbitt. In the winter, Polartec fabric will be used for Baby Babbitts.

Other than designing clothes for tots, Babbitt also houses various designs for women.

"I do everything from Babbitt Basics to one-of-a-kind and limited pieces," she says.

How does she come up with her designs? "It's just what I'm feeling, what I need to do for the season," she explains.

"For the one-of-a-kind pieces, I'm inspired by the client herself," she says. "I'm very much inspired by your energy, along with mine."

To find some of Babbitt's pieces, residents can call and make an appointment at 978-470-1581, or go online at www.babbitt.com.

Baby Babbitts will be available online in September.



Young children model some of Leslie Babbitt's new designs for their age group.

UPCOMING MV CHAMBER EVENTS

The Merrimack Valley Chamber of Commerce will present "How to Win and Keep Big Customers" with guest speaker and author Steve Kaplan, on Friday, Sept. 23 from 7:30 to 9:15 a.m. Call 978-686-0900 for more information.

It will present "A CEO's Perspective on HR" with guest speaker Joseph S. McManus, CEO LGH on Friday, Sept. 23 from 5 to 7 p.m. at Wingate at Andover, 80 Andover St., Andover.

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TALLMAN EYE ASSOCIATES

OBITUARIES

Stella Graham

Formerly of Saugus

Stella Maude (Lynds) Graham, 96, of Andover and formerly of Saugus, died Saturday, Aug. 20, at the Meadows Health Care in North Andover.

She was the beloved widow of Thomas Graham, Sr. Born in Emerson, N. e. w Brunswick, Canada on Dec. 24, 1908, she was the daughter of the late Robert and Margaret (Spencer) Lynds. She was a graduate of Success Business College.

Mrs. Graham was a former employee of General Electric Co. in Lynn and was a cafeteria worker for the Saugus Public Schools.

She was a member of the Gospel Hall in Saugus and a longtime member of Andover Bible Chapel.

Family members include her sons, Richard N. Graham and his wife Patricia of North Reading and Thomas Graham, Jr. of Florida; daughters, Lois L. Caproni of North Reading and Marilyn Cockerham of Mesquite, Texas; three grandchildren; and a great grandchild.

Graveside services were held in Spring Grove Cemetery in Andover.

Memorial contributions may be made to Merrimack Valley Hospice, 360 Merrimack St., Building No.9, Lawrence, MA 01843.

Arrangements were by Croswell Funeral Home, 19 Bow St., North Reading.

Ralph J. Shalhoub

Pitched on US Marines touring baseball team

Ralph J. Shalhoub, 73, of Andover, died Thursday, Aug. 18, surrounded by his family at the Prescott House Nursing Home in North Andover.

Born Aug. 28, 1931, he was the son of the late John (Singer) and Anita (Mahoney) Shalhoub, and was educated at St. Mary's Grammar School and Central Catholic High School in Lawrence.

He was a retired US Postal worker and belonged to several organizations.

He graduated from the US Navy Medical Corps. He then entered the US Marines as a medical technician and was honorably discharged.

His family said that Mr. Shalhoub reached one of his goals in life when he was a standout pitcher on the US Marines baseball team, touring many cities in

the United States and around the world entertaining troops. He was voted Most Valuable Pitcher two seasons straight.

He was scouted by several professional teams and highly recruited. Unfortunately, he suffered a major injury to his pitching wrist. His dreams of being a pitcher in the Major Leagues faded.

An avid baseball fan and an ardent New York Yankee fan his entire life, he attended many games at Yankee Stadium, and through the years he was befriended by several players due to his relationships with them while in the Marines.

Mr. Shalhoub also enjoyed attending the races at Rockingham Park.

Members of his family include his sister and brother-in-law, Kathleen and Frank Russo of Methuen; a nephew; and several cousins.

Arrangements were by the John Breen Memorial Funeral Home, Inc., 122 Amesbury St., Lawrence.

Elba M. Jimenez

Enjoyed cooking for her family

Elba M. Jimenez, 53, of Lawrence, died Saturday, Aug. 20, at Academy Manor Nursing Home in Andover.

Mrs. Jimenez was born and educated in Santiago, Dominican Republic, and was the daughter of Polon Jimenez and his wife Ana Luisa (Justo) Jimenez. She moved to Lawrence in 1982 with her two children, and joined family here.

Mrs. Jimenez was employed in the shoe manufacturing and packing industries in Lawrence, until illness forced her to retire.

She was an accomplished cook, who prepared traditional Spanish meals for her family. She enjoyed cooking for her large family during the holidays.

Mrs. Jimenez took great pride in the successes of her three children.

Members of her family include her husband, Roberto Alvarado of Lawrence; one son, Vinicio Nunez Jr. of Lawrence; daughters, Vinicia Nunez of Methuen and Jenny Alvarado, a student at the Greater Lawrence Vocational High School; her mother, Ana Luisa Justo of Lawrence; two grandchildren; and two brothers, Teodoro Jimenez of Lawrence and Jose Luis Justo of Santiago, Dominican Republic.

Arrangements were by Farrah Funeral Home, 170 Lawrence St., Lawrence.

Ralph B. Manning

Sports fan was lifelong resident of Andover

Ralph B. Manning, 82, of Andover, died Sunday, Aug. 21.

A lifelong resident of Andover, he was born to the late Ralph and Priscilla (Langille) Manning.

After graduating from high school, Ralph served with the US Army during WWII and then worked as a sales correspondent for Continental Can Co.

A sports enthusiast, he enjoyed playing softball and he was an avid bowler.

He was active at the Andover

Senior Center and volunteered as a medical transporter for many years.

Members of his family include his wife, Anna H. (White) Manning of Andover; his son, David Bruce Manning of Nantucket; and a nephew.

There were no calling hours. Memorial contributions can be made to Merrimack Valley Hospice, 360 Merrimack St., Building 9, Lawrence, MA 01843.

Arrangements were by the Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

Mildred A. McClintock

Services are Friday

Mildred A. (Home) McClintock, 81, of Lawrence, died Tuesday, Aug. 23, at the Academy Manor Nursing Home in Andover.

DEATHS

Mary Alice Bower, 68
Amy J. Correa, 32
Frances P. Dewhirst, 77
Stella M. Graham, 96
Elba M. Jimenez, 53
Ralph B. Manning, 82
Mildred A. McClintock, 81
Ralph J. Shalhoub, 73
Chelsea A. Vilksius, 10

DEATHS ELSEWHERE

BOWER — Mary Alice (Williams) Bower, 68, of Haverhill, died Saturday, Aug. 20, at her summer residence in Seabrook, N.H. Members of her family include her son, Arthur J. Bower Jr. and his wife Linda of Andover.

CORREA — Amy J. (Vilksius) Correa, 32, of Methuen, died Tuesday, Aug. 9 in Carolina, Puerto Rico. Members of her family include her maternal grandmother, Barbara O'Neil of Andover.

DEWHIRST — Frances P. (Donnelly) Dewhirst, 77, of Northport, Fla. and formerly of North Andover, died Thursday, Aug. 18, in Venice, Fla. She was an avid golfer who played at Andover Country Club.

VILKSIS — Chelsea A. Vilksius, 10, of Methuen, died Tuesday, Aug. 9 in Carolina, Puerto Rico. Members of her family include her maternal great-grandmother, Barbara O'Neil of Andover.

Born and educated in the Lawrence school system, she was a homemaker and mother who loved bingo, cooking, and crossword puzzles, family members said.

Mrs. McClintock was a communicant of Saint Patrick's Church in South Lawrence.

A lifelong Lawrence resident, she was the widow of Lawrence firefighter Edward

McClintock.

Members of her family include her son, Edward and his wife Donna McClintock of Lawrence; two grandchildren, Matthew and Erin; three great-grandchildren; and several nieces and nephews.

Friends may call today, Thursday, Aug. 25 from 3 to 5 and 7 to 9 p.m. at the Pollard Funeral Home, Inc., 233

Lawrence St., Methuen, and a funeral Mass will take place tomorrow, Friday, Aug. 26 in St. Patrick's Church at 11 a.m., with burial to follow in Elmwood Cemetery in Methuen.

Memorial contributions may be made to the American Lung Association of Massachusetts, Inc., 5 Mountain Road, Burlington, MA 01803.

ALL THOSE YEARS AGO

100 Years Ago - 1905

A stray dog was killed by an electric car on the Haverhill & Andover line Monday morning on Elm Street.

J. William Dean expects to occupy his new store in about two weeks.

Miss Sarah Wright of Lynn has purchased the Pearson farm on the Salem Road. The sale was made through Rogers' real estate agency.

Ammon P. Richardson and Michael Stack have gone to Ayer Junction with loads of tools for I. N. Farnum, who is building an electric road there.

After a heated discussion on Monday evening, the committee on music for the Labor Day celebration in Lawrence voted to hire the Andover Brass band for the parade.

Fred S. Dodson has returned to his home in Frye Village after having spent several weeks traveling through the West. He attended the Lewis and Clark Exposition in Portland, Ore., and returned East over the Canadian Pacific Railroad.

D. Bruce, the local cricketer who is visiting in Arbroath, Scotland, is making a fine showing in the games he is playing there. One paper reports that "the bowling of D. Bruce of Andover was practically unplayable."

75 Years Ago - 1930

A Lawrence man is in critical condition at the Lawrence General hospital with but little chance of ultimate recovery as a result of a bad automobile accident on High Street, near Burnham Road, late Sunday night.

Fifteen more children, members of the swimming classes at the community swimming beach, swam to the raft and back, completing the requirements for beginners' swimming buttons.

Miss Edna Lawrence gave much pleasure with her singing in the South Church last Wednesday night.

The married and single men of Andover Council 1078, Knights of Columbus, will get together in a baseball game scheduled to be played this evening on the Playstead.

As I Saw It by Alden Brooks is one of the books recently published by Alfred A. Knopf. Mr. Brooks, who is the son of Mr. and Mrs. Edward Brooks of Porter Road, was an officer in the French field artillery and tells of the last year of the World War.

Questions of track removal and fare adjustment were debated last evening at a hearing con-

cerning substituting buses for streetcars. The meeting took place in the municipal building in Reading and was attended by officials of the Eastern Massachusetts Railway and selectmen from Andover, North Reading, Reading, Wilmington, Wakefield and Tewksbury.

Mr. and Mrs. Clarence Smalley and family are at Plum Island for the week.

Miss Helen O'Connor of Whittier Street is spending a vacation in Canada.

50 Years Ago - 1955

Construction, beginning the relocation of Route 28, will become a reality by Nov. 1. Rep. Frank S. Giles Jr. flatly guaranteed this week that construction will begin by that date. He said it will include a highway from the New Hampshire line to the Merrimack River and a bridge across the river into West Andover.

Andover's third polio case was reported this week. Mrs. Barbara Wescott, 38, of Alderbrook Road, is a patient in Haynes Memorial Hospital, Boston. She is said to have the non-paralytic type of polio.

The Board of Health has advised parents to keep their children from bathing in streams or ponds that have not been tested for bacteria content. The board announced that Pumps Pond has been found suitable for swimming.

25 Years Ago - 1980

On Monday, Aug. 18, the Andover High School barbershoppers appeared on a special documentary program on WNAC-TV/Channel 7.

A concert of violin and piano music was performed by Maria Benotti and Carol Rand Sunday, Aug. 17 at the Museum of Our National Heritage, 33 Marrett Road, Lexington.

A mammoth parade, featuring 25,000 marchers and bands from throughout the nation, will signal the end of Boston's five-month long Jubilee 350 celebration Sept. 21.

The Dinner Party, a work of art by Judy Chicago celebrating the achievements and contributions of women to Western civilization, is at the Cyclorama Building.

School lunches will go up 10 cents at the beginning of school, the first such increase in several years. The school committee Tuesday night went along with an administrative recommendation to increase the lunches at the elementary and junior high schools from 40 cents to 50 cents, and at the high school,

which offers a greater variety, from 40 cents and 50 cents to 60 cents across the board.

Boston's Berklee College of Music has enrolled Brian K. Van Aken, son of Mr. and Mrs. William Van Aken of 9 Wolcott Ave., in its freshman class of 1980.

On Sept. 1, United Methodists in Maine, New Hampshire, and Southern New England Conferences welcome a new bishop. Ballard Vale United Church is a member of the conference.

Selectmen Monday night authorized the application for state and federal grants to enlarge the Riverina Road pumping station, a project that

may take up to eight years to complete.

John B. McAllister, 70, 256 North Main St., Andover, died Tuesday at Lawrence General Hospital, following a short illness.

Percy M. Proctor, 89, 28 Summer St., died Aug. 13 at Prescott House Nursing Home, North Andover following a long illness.

10 Years Ago - 1995

Despite indications from the city that workers might stop working, officials say Andover High School will open on time.

— Compiled by WHAT'S UP contributor Alessandra Siraco

LETTERS

Roberts should explain his beliefs

■ SUPREME COURT

Continued from page 11

the Ronald Reagan Library released 5,000 pages of records.

Among the documents released are memos that perhaps offer some insight into Roberts' personal views on abortion, gender inequality, and separation of church and state. As a Reagan adviser, Roberts gave President Reagan the OK to deliver a statement of support at a pro-life rally hosted by California doctors opposed to the practice of abortion. He also gave Reagan the go-ahead to issue the following statement to an abortion-rights group: "(Roe v. Wade) made void many of our laws protecting the lives of infants developing in their mothers' wombs." On gender issues, Roberts decried a Washington State Supreme Court ruling that found the state guilty of discrimination for paying women less than men for jobs of "comparable worth," even though three prominent female Republican lawmakers, including current Sen. Olympia Snowe, applauded the decision. Roberts even went so far as to criticize the women supporting what he called a "radical redistribution scheme." Lastly, Roberts ridiculed a 6-3 Supreme Court decision to ban the practice of organized "voluntary prayer" in public schools, a practice the Court found to be a blatant endorsement of religion. Roberts labeled the decision "utterly indefensible." Common sense tells us that it is unlikely Roberts would not have held these positions he did if he weren't, at the very least, supportive of most of the administration's conservative policies. When such radical con-

servatives as Tony Perkins of The Family Research Council and Jay Sekulow of the American Center for Law and Justice are praising his nomination as that of another Thomas and Scalia, it's highly unlikely that Roberts hasn't thoroughly convinced Bush of his dedication to the hardcore conservative agenda.

As the committee meetings approach, Roberts has every right, as conservatives say, to refuse to answer certain questions posed of him by Democratic senators. But unless Roberts manages to convey that he is not the radical conservative that the documents make him out to be, and that he has, in fact, more mainstream, moderate personal views, most importantly on choice, Democrats will be left with no option but to trust the inferences they must make from the memos. Sixty-five percent of Americans do not want a Justice who would overturn Roe v. Wade according to recent polling by ABC News and the Washington Post. The same poll also tells us that for the first time in history a majority of Americans 53 percent support civil unions for gay couples. The Bush administration is terrified that mainstream America will be able to judge Roberts' personal beliefs in a clear light, but people owe it to themselves, their children, parents, and country to decide whether a life appointment of a 50-year old heavyweight conservative to the nation's highest court is something they feel will be good for this country.

Michael Besser
18 Elysian Drive
AHS Class of 2006

OBITUARIES

The *Townsmen* will publish obituaries of Andover residents without charge.

The paper also will publish without charge a short announcement of those people who died and did not live here, but are related to someone who lives in Andover. This listing will include the name of the deceased, where he or she lived, when he or she died, and names of relatives in Andover.

Those who wish to have a complete obituary published about a person who did not live in Andover can pay for a death notice. The cost of a death notice depends on the length of the notice.

Questions? Call Jack Grady or Neil Fater at 978-475-7000.

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Opinion

Ensuring public safety

THERE ARE TIMES when public safety officials really come through, and danger is averted. Last week was one of those times.

Andover Fire Chief Chuck Murnane might have saved the lives of the two teens he apprehended at Pumps Pond. The two 16-year-old boys who were arrested by police last Wednesday were charged with arson, trespassing, possession of fireworks, and possession of ingredients for making a pipe bomb.

The pair implicated a third boy, also 16, who was arrested Friday night after returning from vacation.

Police described the material the two teens had in a backpack at the pond last Wednesday — a bag of white powder believed to be potassium nitrate — as capable of causing quite an explosion.

Suspects in a series of fires set in the Rec Park area during the summer, the three boys are the alleged authors of a number of acts of criminal destruction inflicted on town property at the beach there, in all about \$300,000 worth of damage.

This goes way beyond your average case of vandalism due to sheer boredom.

They are lucky they were stopped before they blew themselves up — or some unsuspecting beachgoer.

They are lucky Andover police aren't pressing the district attorney to have them tried as adults.

Still, if the three are convicted in juvenile court, a judge could give them up to three years in jail.

ON THE AIR



Ethan Poirier skates into the halfpipe Tuesday afternoon at the Andover Community Skate Park behind West Middle School.

LETTERS

SUPREME COURT

Roberts needs to explain beliefs

Editor, *Townsmen*:

When President Bush announced that he would nominate a young D.C. Circuit judge whose judicial record was declared "outstanding" by the American Bar Association, I thought he had finally done what many, including myself, had believed he was incapable of doing: making a compromise. When a broad variety of news sources praised Bush's nominee as a moderate in the tradition of Justice Sandra Day O'Connor, and moderate Democrats said Roberts was the kind of candidate they could support, I felt my hopes had been confirmed.

Despite Roberts' history of working as a legal adviser under two Republican administrations and his alleged association with the conservative legal group, the Federalist Society, I was prepared to throw my support behind Bush's pick. As a lawyer for the Bush Sr. and Reagan administrations, Roberts may have been simply representing his clients, and not his personal views, when he advised both on how to implement conservative policies. And with regard to Roberts' membership in the Federalist Society, I find it extremely interesting that the Bush administration had previously denied Robert's membership. I would not hold such an affiliation against him.

One of the great advantages Bush has in nominating Roberts is that, since he's only been a judge since June 2003, his judicial record will contain little ammunition for opponents. In fact, the most controversial decision during his entire tenure seems to be his upholding of the arrest of a little girl who violated the Washington, D.C., Metro's "no-tolerance" eating policy. The record being as bare as it is, Democrats seeking answers have been forced to ask the White House for information about Roberts' career as an adviser in the executive branch in an attempt to better grasp his legal philosophies. Admittedly, this request is not necessarily commonplace as the independence and separate powers of the executive branch must be respected. But the Senate cannot be expected to make a responsible appointment having nothing to consider but Robert's short judicial record. Initially I was not surprised or outraged that the White House would deny access to such documents, but over time I got to thinking: why are they fighting this so passionately? What's in these documents that they don't want us to know? The answer became apparent after

Continued on page 10

Homecoming debate

Middle East or Eastern Mass?



Eric Danis
written from
Modi'in, Israel

Soon I will have to decide if I want to travel to Andover from my home in the country of Israel to attend my 10-year high school reunion. While thinking of the many Andover High School teachers who most likely would not be too excited to see me, it dawned on me that there are actually many similarities between Israel, my current home, and Andover, my former home. It's true that one of those places is roiled by a seemingly eternal conflict featuring warring segments of the population, but I don't think this article is the place to address Andover's perennial battles about building a new youth center.

In comparing the similarities between Israel and Andover, let's start with physical location. Israel, as most people know, is located in the Middle East. Andover is also located in the East of Massachusetts. Andover is a small town with only 31.99 square miles of land area, while Israel is a tiny country that is approximately the size of New Jersey. Having lived in both Andover and Israel, I can say that the tiny size of both places can leave one feeling "like everybody knows your name." Whether they are always glad you came apparently depends on the respective person.

Israel has larger-than-life, intense and unusual characters, like Prime Minister Ariel Sharon. Andover also has larger-than-life, intense and unusual characters, like varsity basketball coach David Fazio. Note: I am only brave enough to write such things about my beloved former mentor when there is an ocean separating us.

Speaking of basketball, Andover can brag of stars like Tommy McLaughlin, Chris Vetrano, Sean Ryan, Matt Gibson, Mike Roberts, Carmen Scarpa, Tim Perry and Ted Kelley. Israel, meanwhile, is proud of native sons Nadav Henefeld and Doron Sheffer, both of whom played at the University of Connecticut. Henefeld actually attended a Boston Celtics summer camp for free agents.

Andover has given America entertainment legends like Jay Leno and Michael Chiklis. Impressive, but Israel can boast of Gene Sim-

mons from the rock group Kiss as well as movie star Natalie Portman. Also, new Israeli star Noa Tishby seems poised for American stardom with her new movie "The Island." Are Leno's quips funnier than Simmons' face paint? This one might be a toss-up.

One Israeli star who has already achieved international stardom is rapper Subliminal, whose Hebrew lyrics haven't stopped him from being profiled in Rolling Stone magazine or touring the U.S. How would Subliminal match up with Andover's best rapper, Mike Homewood (aka Mic Stylz)? A freestyle rap battle is the only way to settle that question.

More than five million Jewish citizens live in the Jewish country of Israel. Andover only seems to have a similar number of Jewish residents during the holiday of Rosh Ha'Shana, when Temple Emanuel is packed with throngs of congregants and guests waiting to hear one of Rabbi Robert Goldstein's eloquent sermons. Andover is home to a vibrant Jewish community, including a Chabad center, conservative synagogue Temple Beth Israel and reform synagogue Temple Emanuel, which has a membership of more than 600 families.

Both Andover and Israel manage to do quite well financially. Andover is a small residential town with substantial industry, while Israel is ranked No. 2 in the world for venture capital funds, right behind the U.S. Also, Israel's \$100 billion economy is larger than all of its immediate neighbors combined.

Despite all the many similarities, there are a few differences. You might be surprised to learn that while Andover was originally settled in 1636, Israel was born only in 1948.

Also, Andover has built up quite a reputation as a great place to hit the links, whereas there is only one 18-hole golf course in the entire country of Israel. The Holy Land isn't so holey, unfortunately for golf aficionados here.

I recommend that all Andover residents come to Israel to see with their own eyes how similar the Middle Eastern country of Israel can be to a small town in Eastern Massachusetts. It will also be a good chance to see me in case I don't make it to that reunion.

An Andover High graduate, Eric Danis emigrated to Israel after living in Andover for many years. He currently works in hi-tech and is married to Anat Danis. He can be reached with comments at: edanis48@yahoo.com.

Web question

How would you punish kids if guilty?

Last week's *Andover Townsmen* Web-site question was: **Richard Nabydoski is currently being fined \$1,000 a day until his farm is cleaned up. Do you agree with the fine?** 38 people responded.

- 4, or 11 percent, said, "Yes, absolutely. That farm has been nothing but trouble for neighbors in town. The Board of Health has a responsibility to use its power to get that cleaned up."

- 3, or 8 percent, said, "It's important that Nabydoski have some incentive for the environmental cleanup. But \$1,000 a day is a pretty stiff penalty. Progress has been made and some reduction in daily fines seems appropriate."

- 2, or 5 percent, said, "Stop the fines. He'll go bankrupt before the issue gets resolved."

- 9, or 24 percent, said "This really seems outrageous for a guy who was just trying to make a living. He's been put out of business. Isn't that punishment enough?"

- 20, or 53 percent, said, "They should not only stop adding fines, but forgive his previous fines."

This week's *Andover Townsmen* Web-site question is: **Three local juveniles were arrested last week and charged with vandalism at Pumps Pond, including setting a series of fires there, causing approximately \$300,000 in damages. Police also said the youths were carrying ingredients for building a pipe bomb. What do you think is an appropriate punishment?**

- This goes way beyond a prank. Property was ruined and people could have been seriously hurt. These kids should be charged as adults.

- Keep the charges in juvenile court, but impose a stiff penalty. This was worse than painting graffiti on a building or smashing mailboxes.

- I'm shocked that Andover kids would do this, but they're still teenagers and should be tried as juveniles. What they did was wrong, but it shouldn't follow them the rest of their lives.

- Lighten up. It's just a prank. I did things as a teenager that people thought were awful too.

- Other.

To vote, surf to www.andovertownsmen.com.

LETTERS POLICY

THE *Townsmen* accepts letters to the editor from the community. Letters must be typed and no longer than two, double-spaced pages. All letter writers must include addresses and phone numbers with their letters. The phone numbers will not be published.

The paper reserves the right to edit letters at its discretion. Reasons for editing include editing for length, clarity and style.

Letters should be received by the *Townsmen* by Monday at 5 p.m. for consideration in that week's paper. They may be sent by mail, fax or e-mail. Letters sent by e-mail should be sent to Neil Fater at nfater@andovertownsmen.com, and included in the body of an e-mail, not as e-mail attachments.

As a general rule, the paper does not publish anonymous letters or thank-you letters.

Andover Townsman

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THE THURSDAY FILE

If you desire many things,
many things will seem few.

BENJAMIN FRANKLIN

Do not condemn the judgment of another because it differs from your own. You may both be wrong.

DANDEMIS

If I keep a green bough in my heart, then the singing bird will come.

CHINESE PROVERB

I regard golf as an expensive way of playing marbles.

G.K. CHESTERTON

The choice between love and fear is made every moment in our hearts and

minds. That is where the peace process begins. Without peace within, peace in the world is an empty wish. Like love, peace is extended. It cannot be brought from the world to the heart. It must be brought from each heart to another, and thus to all mankind.

PAUL FERRINI

If we could see ourselves as others see us, we would vanish on the spot.

E.M. CIORAN

The Einstein quotation

It has become appallingly obvious that our technology has exceeded our humanity.

Glory is fleeting; but obscurity is forever.

NAPOLEON BONAPARTE

Best quotation sent

There are two ways of constructing a software design; one way is to make it so simple that there are obviously no deficiencies and the other way is to make it so complicated that there are no obvious deficiencies. The first method is far more difficult.

C.A.R. HOARE

About 'Thursday File'

Steve MacDowall's file can be found at www.hudsonvanloo.ca, and it offers quotations such as these.



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Arts & Entertainment

EVENTS CALENDAR

Thursday, August 25

Live music, The Powow Trio perform, 7-10 p.m., no cover charge, Powow River Grille, 33 Main St., Amesbury; 978-388-2300.

Friday, August 26

New England Festival of Arts and Fine Crafts, the first annual three-day festival combines the fun of music and specialty foods with a show of handmade jewelry, pottery, wood, metal, clothing, photography, sculpture and painting by more than 150 artists and artisans; with face-painting and magic demonstrations, specialty foods and musical entertainment; a silent auction will benefit Boys & Girls Club of Lowell; noon to 6 p.m., \$8 admission, \$5 seniors, free for children under 12, on the Plaza at Tsongas Arena, Lowell; for information and directions 800-291-6116 or www.newenglandarts.org.

Road Race to benefit Big Brothers and Big Sisters,

sponsored by the Lawrence Sons of Italy, the 16th annual event features a 5-mile road race beginning at 6:15 p.m., a 5-mile fitness walk beginning at 5:45 p.m., and a 2K youth run starting at 5:15 p.m., \$17 pre-entry fee, \$22 race day registration, prizes for top three finishers in each of the six age categories, spaghetti dinner following the race is free to all participants, kicking off at the Sons of Italy Lodge, 155 Marston St., Lawrence; for registration forms call Big Brothers Big Sisters 978-687-1370 or www.bigbrothersbigisters.net.

Comedy club, Joey DeVito, R-rated hypnotist, 9 p.m., \$15 cover charge, Dick Doherty's Beantown Comedy Escape, Doubletree River Front Hotel, 50 Warren St., Lowell; for tickets and reservations 800-401-2221.

Saturday, August 27

Chinese School annual picnic, open to all who would like to meet students and parents, 11 a.m. to 3 p.m., free admission; the Chinese School of Andover offers Saturday morning classes in the Chinese language (Mandarin) for children ages 4 up to adults, as well as instruction in Chinese music, dance, chess, and activities such as basketball, table tennis, investment club and more; 978-475-1197.

Exhibit opens at Peabody Essex Museum, *Exposing the Source: the Paintings of Nalini Malani,*

presenting two decades of work by the Pakistani-born artist who was the first Indian artist to have a solo exhibition in the US, the 40 works in various media, including oil, acrylic, and video, will remain on view as part of the museum's permanent collection; museum hours are Monday-Sunday, 10 a.m.-5 p.m., \$13 adults, \$11 seniors, \$9 students; free for children under 16; East India Square, Salem, Mass.; 866-745-1876; www.pem.org.

Art in the Courtyard, sculpture, painting, photography, fiber and jewelry by 50 of the region's finest artists and artisans, on display in Lowell's National Park Courtyard, 11 a.m.-6 p.m., free admission, rain date Aug. 28, sponsored by the Brush Art Gallery; for information visit www.thebrush.org.

Lobster Fest, sponsored by the Lawrence Council No. 67 of the Knights of Columbus, doors open at 11 a.m., meal served 1-3 p.m., advance tickets required, \$20 for one lobster and one steak meal, \$15 for meal of a half-chicken and one steak, hamburgers and hotdogs available at \$1 each, purchase tickets at the Council home, One Market St., Lawrence, or by telephone; 978-686-5525 or 978-686-5712.

Comedy club, Open Mike Night with E.J. Murphy and Jack Byrne, 9 p.m., \$15 cover charge, Dick Doherty's Beantown Comedy Escape, Doubletree River Front Hotel, 50 Warren St., Lowell; for tickets and reservations 800-401-2221.

New England Festival of Arts and Fine Crafts, 10 a.m.-6 p.m., see entry, Friday, Aug. 26.

Sunday, August 28

Outdoor concert, the Backwoods Ramblers, three musicians who play music suitable for the whole family, will perform at the Berry Pond Day Use Area in the Harold Parker State Forest, sponsored by the Department of Conservation and Recreation and Harold Parker State Forest, enjoy the music while swimming in the nearby pond or cooking food on the grills, 3-5 p.m., free concert, \$5 parking fee per car, 1951 Turnpike Road, North Andover; Michael 978-686-3391.

Artist workshop, a watercolor workshop by Tom Sutherland, sponsored by the North Shore Arts Association of Gloucester, attend one or all three consecutive days

Continued on page 14

A kids' book with a historical hook

Andover witch trial has spooky connection for local author

By Judy Wakefield

HER DAD'S GENEALOGY PROJECT determined that the family had ancestors on the Mayflower and another family branch had Puritan roots. That side had family members accused of witchcraft, convicted and jailed during the Salem witch trials in 1692. Even more startling was learning that those witch-trial-connected ancestors once owned the very land where her Andover house stood.

"How could I not write this story?" is the question posed by children's book author Kathleen Benner Doble, a former Wild Rose Drive resident who now lives in Boxford. "The connection was too spooky for me to ignore. I felt I had to write this book. And it was fun to work on something with my dad."

Historical fiction has always interested this writer, who likes to target older elementary school readers with such stories. She does that with *The Sacrifice*, (\$15.95, McElderry Books) her latest book. It's the story of Abigail Faulkner, a 10-year-old in Andover who is accused of witchcraft and thrown into jail along with her sister, Dorothy. With a trial date fast approaching, their mother comes up with a plan that will keep the girls out of jail—but how can the girls support the plan? Can Abigail bring herself to make the ultimate sacrifice?

There's an appealing mother-daughter bond in this book, even if it takes place over 300 years ago. *The Sacrifice* is set in 1692 but clearly drills home a devotion that is still prevalent today—moms will do anything for their kids.

It's all about writing kid-friendly, interesting stories connected to historical fiction for this writer.

"This audience is like sponges," Doble said. "They soak up everything. And, I think it's important for them to have interesting stories about topics they know something about, like the witch trials."

She targets readers in the fourth and fifth grades with this book and already has some celebrity on that scene. Doble has taken part in West Elementary School's annual reading and writing conference that showcases authors and has already been booked for the 2006 event to be held next March. In addition, her book-signing happens Saturday, Oct. 15 at Andover Bookstore on Main Street.

Turning young readers on to historical stories with appealing hooks—such as a mother/daughter bond—works for this mom, whose two teen daughters (Tobey and Liza) will attend Phillips Academy next month.

"Reading is so important for kids and I really am passionate about writing historical fiction. I love writing and I love kids, so this works out for me," said Doble, 47. "I love doing it."

She writes every morning for four hours, looking at the Boxford woods while seated at her computer. She's lived there for 13 years with her husband, Chris, and daughters. The family lived in Andover for three years before moving to Boxford.

The Sacrifice is the third book in her professional writing career which took off in 1999 when she had a short story published in



Children's book author Kathleen Benner Doble, formerly of Andover, helps elementary school-aged readers get into historical fiction.

Highlights, a children's magazine. Two other books, *Bridging Beyond*, a teen novel and *Pilot Mom*, a picture book, followed.

Next up is *Bonds of Iron*, set in 1810, is about an iron-mining community in Connecticut, where her grandmother once lived.

"I think it's important to write what you know," she said. "It makes it more genuine."

Local artist wins photography award



DAVID WHITNEY of Andover received the Newburyport Area Industrial Development Award for *Carnival* (above), a photograph he shot at this year's ClownTown. His work is part of the Newburyport Art Association's 2005 Annual Members Photography and Sculpture Juried Show. The show drew 264 submissions from 94 member-artists, with photography dominating the entries.

Leslie K. Brown, curator of the Photographic Resource Center at Boston University, judged the entries. She described Whitney's image as "compositionally strong and colorfully vibrant, a striking image that takes viewers along for an exciting ride." The award was presented at an opening reception at the Newbury-

port Art Association Gallery on Aug. 20.

Whitney has been creating photographic images for a number of years, with many of his subjects found in the Merrimack Valley area. His work often concentrates on images of nature, re-presenting a familiar object or scene from a new perspective in order to make an image that evokes the essence of a place.

His photography has also been exhibited at Andover Artists Guild shows and at Memorial Hall Library.

The show runs through Sept. 18 at the Newburyport Art Association Gallery at 65 Water St. in Newburyport, and is open to the public. For details, call 978-465-8769, or visit www.newburyportart.org.

FOOD FOR THOUGHT

Invasion of the zucchini!

WELCOME TO "WEEK 2" of tastefully using your bumper crop of zucchini. My favorite way to eat zucchini and summer squash is to cut them in half lengthwise, sprinkle them with a little salt and pepper, brush lightly with a bit of extra-virgin olive oil, and place them over a hot grill. What can I say? I'm a purist! I never tire of their delicate and mild flavor.

FOOD FOR THOUGHT
Terry Kay Bargar

But there are a million ways to cook zucchini and they always taste delicious! In the spirit of Forrest Gump, there's zucchini soup, zucchini salad, zucchini Parmesan, stuffed zucchini, fried zucchini, zucchini fritters, chocolate-chip zucchini bread, zucchini muffins, grilled zucchini, zucchini gumbo...

Here are three recipes you can try:

Mexican Calabacitas Serves 4-6
Poblano peppers add a mild spiciness to the otherwise bland zucchini. If you prefer, you may roast and peel the poblanos and then stuff them with calabacitas

for a reduced-fat and lower-calorie vegetarian version of chile rellanos.

- 4 medium zucchini, trimmed, cut into quarters lengthwise and sliced one-half inch thick
- 1 teaspoon kosher salt
- 1 1/2 Tablespoons olive oil
- 1/2 teaspoon dried oregano
- 1 teaspoon dried ground cumin
- the kernels from 3 ears of fresh corn (another summertime gem)
- 2 or 3 poblano peppers, roasted, peeled, seeded and diced (poblanos are a mild-to-medium spice pepper; use your judgment on your comfort level with heat)
- 4 fresh garden tomatoes, diced
- freshly ground black pepper
- 1 1/2 cups shredded Manchego or Monterey Jack cheese
- 2 Tablespoons chopped fresh cilantro (may substitute parsley)

1. Place the cut zucchini on a paper towel, sprinkle lightly with salt, cover with another paper towel and let sit for 10 or more minutes. Salting the zucchini pulls out some of its water content. You'll know the time is up when the paper towels are soggy.

2. Heat your biggest pan over medium-high heat. Add the olive oil. Throw in the zucchini and cook 5-6 minutes, stirring often but gently, until the zucchini softens. Add the oregano and cumin and lightly toss to coat.

3. Stir in the corn kernels, poblanos and tomatoes. Reduce the heat to medium-low and



It's easy to tame the wild zucchini—these recipes will do the trick!

simmer for another 10-15 minutes or until the veggies are soft.

4. Just before serving, stir in a few grinds of black pepper, the shredded cheese and cilantro.

Serve with a dollop of reduced-fat sour cream. If you're a fan of olives, then add a few sliced black olives, too. Their inherent fruitiness is a great counterpoint to this dish.

Zucchini Eggplant Parmesan Casserole

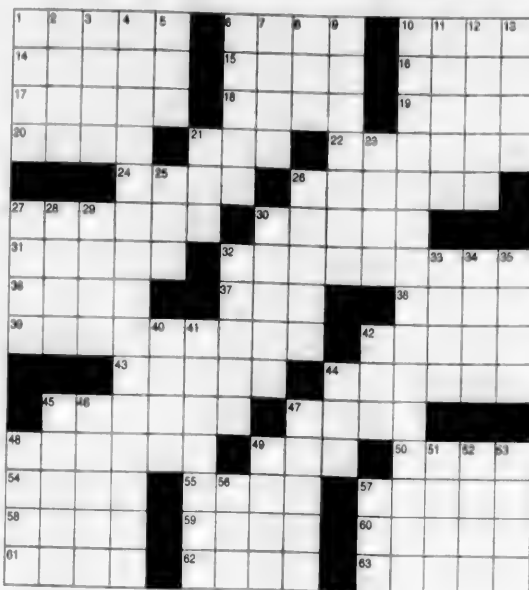
This is a great main course or side dish for both calorie-conscious folks and vegetarians. Not a traditional eggplant Parmesan, but deeply influenced by the flavors of the original, I've layered the ingredients to resemble a lasagna casserole. Of course we're omitting the fry-

Continued on page 16

CROSSWORD PUZZLE

CLUES ACROSS

1. Basest
6. Location
10. Wind instrument
14. Acid
15. A short convulsive intake of air
16. On the water
17. Crumble
18. Marked by great productivity
19. Ailments
20. Close with a sound
21. Work force
22. Related on the father's side
24. Wear out
26. Hymns
27. A flag flown by a ship to show its nationality
30. Light brown
31. False name
32. A person who follows
36. Quit
37. Large Northern deer
38. South Asian dress
39. Pigskins
42. Boundaries
43. Primitive
44. Give pleasure to
45. "Melts in your mouth"
47. Cologne
48. Waver
49. Determine the sum of
50. Soybean food
54. Opposed
55. Repeat



57. Deceivers
58. Hello!
59. Try to locate
60. Fragrance lady
61. Gamer
62. Left heart in San Francisco
63. Anesthetic

CLUES DOWN

1. Bundles
2. Divination
3. Costa
4. Head the drill sergeant
5. Doll, for one
6. Consort
7. Precipitation

8. Monetary unit of Portugal, abbr.
9. Unable to speak because of a brain lesion
10. Ideal driller
11. Religion
12. Pours
13. A prosperous state of well-being
21. Wife
23. British general, 1763-1774
25. Tax collector
26. Smacks
27. Young of domestic cattle
28. Spread
29. Tardiest in, earliest out
30. Hooligan
32. Betrays
33. Heroic tale
34. Minerals
35. Come to the surface
40. Invited
41. Type of support
42. Building addition
44. Drug
45. Craze
46. Marriage site
47. Looney
48. Kisser
49. At a specific prior time
51. Vow
52. At large
53. Exploiter
56. The corporate exec
57. Civil War general

SOLUTION ON FACING PAGE

EVENTS CALENDAR

■ AUG. 25 THRU SEPT. 4

Continued from page 13

(Sunday, Monday, or Tuesday), \$50 per day for members, \$60 per day non-members, 11 Pirate's Lane, Gloucester; 978-283-1857.

New England Festival of Arts and Fine Crafts, 10 a.m.-5 p.m., see entry, Friday, Aug. 26.

Monday, August 29
No events listed.

Tuesday, August 30

Live music, award-winning keyboardist, composer and producer Eric Goldberg and his jazz/pop Trio perform, 6-9 p.m., no cover charge, Powow River Grille, 33 Main St., Amesbury; 978-388-2300.

Musical auditions, Acting Out is holding auditions for *Clue: The Musical*, which will be performed Nov. 11-12, and 18-19; all reading/music will be from the script and score, no prepared material required, 7-9 p.m., The Stage, 60 Island St., Lawrence; 978-794-0001.

Wednesday, August 31

No events listed.

Thursday, September 1

Artist reception, opens an exhibit-

tion of scenes from Carlisle State Forest, titled "Brush, Camera, Landscape," by two New England landscape artists: Andover native Heidi S.D. Jackson, and photographer Harry L. Taplin, 7-9 p.m., Newburyport Art Association, 65 Water St., Newburyport; 978-465-8769.

Friday, September 2
No events listed.

Saturday, September 3

Lebanese festival, celebrate the annual two-day Mahrajan hosted by St. Anthony's Maronite Catholic Church, with music, dancing, games for adults and children, Lebanese food and pastries, \$2 donation will be appreciated, children under 12 free, 5-11 p.m., 145 Amesbury St.; 978-685-7233.

Sunday, September 4

Concert, international singer and pianist Anca Parghel, in a celebration of free spirit and world music, 6 p.m., \$20, \$15 seniors and students, \$10 for children under 14, Ballardvale United Church, 23 Clark Road; 7981-559-8469.

St. Anthony's Lebanese festival, noon-11 p.m., see entry, Saturday, Sept. 3.

Ongoing

Art Exhibitions

Addison Gallery of American Art, closed during August, regular gallery hours beginning in September are Tuesday-Saturday 10 a.m.-5 p.m., Sunday 1-5 p.m., free admission, Addison Gallery of American Art, Phillips Academy; 978-749-4015, www.addison-gallery.org.

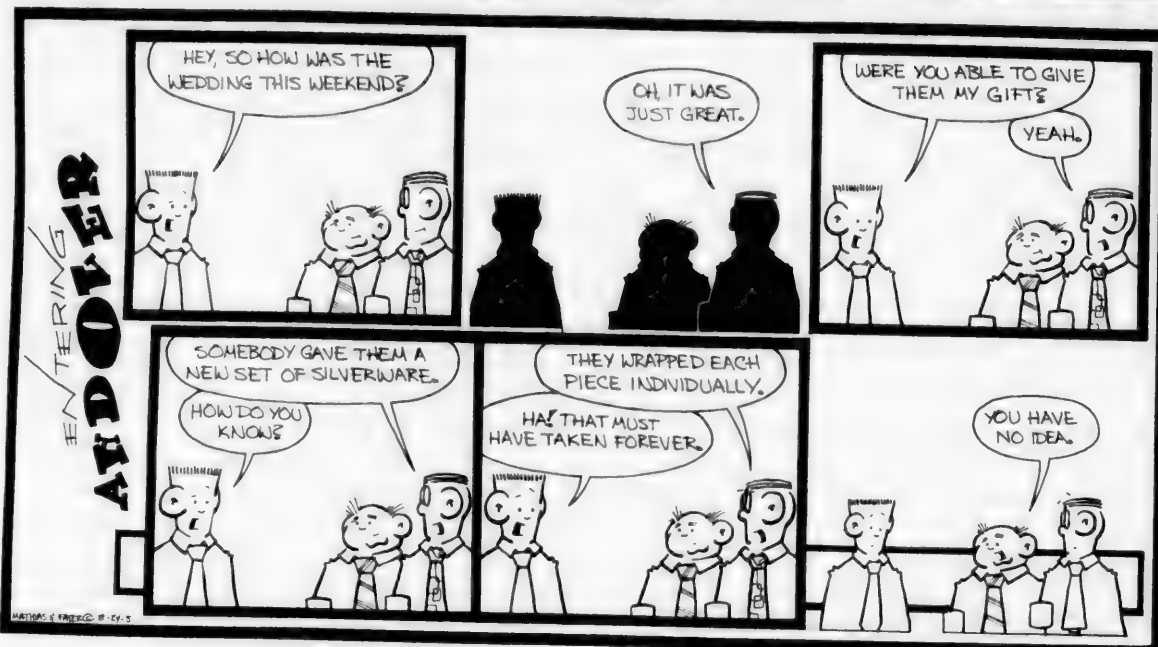
Alpers Fine Art of Andover, Sept. 2 through Oct. 9, "Overviews" an exhibition of landscapes, oil paintings by Philip Koch, gallery hours Tuesday, Wednesday and Thursday 10 a.m.-6 p.m., Friday and Saturday, 10 a.m.-8 p.m., Sunday 10 a.m.-4 p.m., 2 Main St.; 978-470-0013 or www.alpersfineart.com.

Robert S. Peabody Museum of Archaeology, Objects and their Meanings: Historical Highlights of the Peabody, displays ethnographic objects from museum's collections of North and South America and a series of photographs that illustrate the activities of the museum's key people during the last century; Tuesday through Saturday, noon-5 p.m., by appointment only, free admission, Phillips Academy campus, 175 Main St.; 978-749-4490.

Continued on page 15

ENTERING ANDOVER

By Neil Fater and Don Mathias



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EVENTS CALENDAR

ONGOING

Continued from page 14

Arthur Griffin Museum of Photography, Tuesday-Sunday, noon-4 p.m., \$5 admission, \$2 seniors, members and children under 12 free, Thursday admission is free all day, 67 Shore Road, Winchester, 781-729-1158, www.griffinmuseum.org.

Brush Art Gallery, the Annual Resident Artists' Exhibition, including the work of two Andover residents, Carol Boileau and Betsy Wish, free and open to the public, exhibit on display through Sept. 11, regular hours are Tuesday through Saturday, 11 a.m. to 4 p.m., and Sunday, noon to 4 p.m., Brush Art Gallery and Studio, 256 Market St., Lowell, 978-459-7819 or visit the Web site www.thebrush.org.

COOL Gallery, exhibit hours Tues. and Thurs. 1-5 p.m., COOL Gallery, 338 Market St., Lowell;

Cultural Organization of Lowell 978-446-7162

Gallery 181, Cotton Weaving House, 181 Canal St., Lawrence; Sept. 1-30: *Dry Liquid*, featuring works by Noredin Morgan, John Tavano and Jim Primmer, with an opening reception Sept. 15, 5-8 p.m.; Jim 978-688-4544.

Robert Lehman Art Center at Brooks School, gallery hours Tuesday-Friday 8:30 a.m.-5 p.m., Saturday, 8:30 a.m.-noon, Sunday, 2:30-5 p.m., 1160 Great Pond Road, North Andover, 978-725-6232.

Whistler House Museum of Art, Wednesday-Saturday, 11 a.m.-4 p.m., \$4, 243 Worthen St., Lowell, 978-452-7641.

Essex Art Center, through Aug. 19: in the Main Gallery, "Faith in Art" featuring Latino artists Claudia Arcia, Federico Bachman, Raquel Bauman, Jairo Cruz, Pan Goncalves, Norma Lopez, Cecilia

Mendez, Leida Montanez, Gabriela Perez-Fiato; in the Elizabeth A. Beland Gallery, "Time Spells" by sculptor and installation artist Patricia Tinajero-Baker; gallery hours Monday, 3-7 p.m., Tuesday through Thursday, 10 a.m.-7:30 p.m., Friday, 10 a.m.-5:30 p.m., galleries are free and open to the public; Essex Art Center, 56 Island St., Lawrence; Cathy McLaurin 978-685-2343 or www.essexartcenter.com.

Memorial Hall Library, featuring during August a traveling exhibit of handmade artist books created by ten area artists as a collaborative project; participating artists include Laura Gawlinski of Andover, whose book theme was "A Love Letter to Mother Nature"; artist of the month for August is Joe Schatz, a serious amateur photographer for over 40 years, whose exhibit, titled "American Landscapes," runs through the end of September, featuring photographs of New England, the Yellowstone, Southwest Arches and Canyonland National Parks, and Monument Valley; library hours: Monday-Saturday, 9 a.m.-9 p.m., Sunday, noon-5 p.m.; Norma Gammon 978-623-8401, www.mhl.org

McQuade Gallery, located in the McQuade Library at Merrimack College, gallery hours same as library hours: Monday through Thursday, 7:30 a.m.-midnight, Friday, 7:30 a.m.-6 p.m., Saturday, 10 a.m.-5 p.m., Sunday, 11 a.m.-midnight, call to confirm hours, free admission; 978-837-5000.

Sakowich Campus Center, at Merrimack College, the Fireside and first floor lounges, call for hours; 978-837-5000, Ext. 4205.

Senior Center artists, talented artists participate in art classes and enjoy the "drop-in group" on Wednesday and Thursday mornings, art display of oils, watercolors, pencil, pen and ink, pastels and oriental brush art is in the Music Room; Andover

Senior Center, Whittier Court; 978-623-8321.

Lorica Artworks, gallery specializing in original fine art from Ireland and America, featuring the largest collection of original fine art from Ireland in the Boston area, presents a collection of paintings by Irish artists celebrating the regions of Ireland and their intrinsic beauty, including Arthur O'Callaghan's paintings; gallery hours: 10 a.m.-5 p.m. Tuesday, Wednesday and Saturday, 10 a.m.-8 p.m. Thursday and Friday, noon-4 p.m. Sunday, as well as by appointment; free admission, handicap access; 90 Main St. 978-470-1829.

Walsingham Gallery, works by artists J.C. Airolidi, Robert Douglas Hunter, Jean Lightman, Elizabeth M. Leary, John Daniel Phillips, Frank Strazzulla Jr., and others; gallery hours Monday, Wednesday, Saturday, 10 a.m.-6 p.m., Sunday, noon-5 p.m., closed Tuesdays; 47 Merrimack St., Newburyport, 978-499-4411 www.thewalsinghamgallery.com.

Montserrat College of Art Gallery, Monday-Thursday, 11 a.m.-5 p.m., Friday, 11 a.m.-noon, and by appointment, Carol Schlossberg Alumni Gallery, 23 Essex St., Beverly; 978-921-4242, Ext. 1319.

Evos Arts Gallery, free, 98 Middle St., Lowell; 978-441-9906, www.evosarts.com.

Flint Memorial Library, 147 Park St., North Reading; 978-664-4942, www.flintmemoriallibrary.org.

Churchill Gallery, an exhibition of landscapes by award-winning artists Robert Scott Jackson and Dennis Sheehan; gallery hours are Monday-Saturday, 10 a.m.-5 p.m. and Sunday noon-5 p.m., 6 Inn St., Newburyport; 978-462-9891.

The State of the Art Gallery and Sculpture Garden, Rocky Neck Art Colony, Gloucester; 978-463-8883.

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Tuesday through Saturday, 10 a.m.-5 p.m., 27 Pleasant St., Gloucester; 978-685-0485.

The Salthox Gallery, gallery hours, Tuesday through Friday, 10 a.m.-5 p.m., Saturday 10 a.m.-1:30 p.m., 49 Main St., Topsheld; 978-887-8844.

Nevins Memorial Hall, 305 Broadway, Methuen; 978-686-4080.

J. David Broudo Gallery of Art, *Fine T-Shirt Art* on display Aug. 29 through Sept. 29, featuring a survey of wearable art by artists from 14 states, the U.K. and Canada; the show closes with a reception and auction; Thursday, Sept. 29, 4:30-6 p.m., Monday-Friday 9 a.m.-5

p.m., Endicott College, 376 Hale St., (Route 127) Beverly; 978-232-2280.

Laura Coombs Hills Gallery, gallery hours Monday-Saturday 11 a.m.-5 p.m., Sunday, noon-5 p.m., 65 Water St., Newburyport, 978-670-9102, www.newburyportart.org.

Mingo Gallery, Tuesday-Friday, 10 a.m.-5 p.m., Saturday, 10 a.m.-4 p.m., 252 Cabot St., Beverly; 978-927-5964.

Gelb Gallery at Phillips Academy, Monday-Friday, 9 a.m.-5 p.m., Saturday, Sunday noon-4 p.m., 978-475-4419.

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FOOD FOR THOUGHT

■ A SUMMER HARVEST OF ZUCCHINI IDEAS

Continued from page 13

ing, the heavy cheese, and the noodles. It's a dieter's delight, with a minimum of fat and a maximum of fiber and flavor.

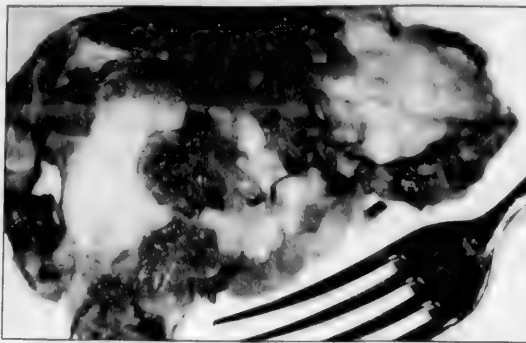
- 4 medium zucchini, sliced into 1/2-inch slices
- 4 medium summer squash, lightly peeled, sliced into 1/2-inch slices
- 1 large eggplant, sliced into 1/2-inch slices (peeling is optional, depending on your taste)
- kosher salt
- 1 Tablespoon olive oil
- 2 cloves garlic
- 1 1/2-inch slice of onion
- two 35-ounce cans Italian plum tomatoes, drained, lightly squeezed to remove excess juice, and roughly chopped
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/4 cup basil, sliced "chiffonade" (see last week's *Andover Townsman*, Part 1, Zucchini Salad recipe, step no. 3, for technique)
- 2 Tablespoons roughly chopped rough flat-leaf parsley
- 1 Tablespoon fresh oregano, roughly chopped
- 2 teaspoons fresh thyme
- 6 ounces (1 1/2 cups) shredded part-skim mozzarella cheese, divided
- 2 Tablespoons breadcrumbs, divided
- 1/4 cup Parmesan cheese

1. Spray a 4-quart casserole dish (or a 9x13 inch pan) with cooking spray and set aside.

2. Line your counter or kitchen table with paper towels. Place the sliced zucchini, summer squash and eggplant on the paper towels. Sprinkle with salt, cover with another layer of paper towels, and let rest for 20-30 minutes. The salt will release some of the water living in the vegetables; the paper towels will absorb that water.

3. Preheat oven to 375. Spray several cookie sheets with cooking spray or use nonstick bakeware. Remove paper towels from vegetables and place the veggies in a single layer on the cookie sheets. Place in the oven and cook for about 20 minutes, until softened. Remove pans from oven and let rest.

4. While the vegetables are taking a nap you can prepare the tomato herb sauce. Heat a 3-quart pot over medium heat and add the olive oil. Add the garlic and onion and cook until translucent and soft, about 3 minutes. Put in the chopped tomatoes, red pepper flakes (remember, the spice is optional), basil, parsley, oregano and thyme and simmer for 10 minutes, stirring occasionally. Turn off the stove. There should be about two-and-one-half cups of sauce. It



COURTESY PHOTOS

Zucchini eggplant Parmesan casserole: Good use for zucchini.

will be slightly chunky, almost a paste rather than a liquid sauce.

5. Place about one-fourth of the sauce on the bottom of the casserole dish. Next, begin adding vegetable layers on top of the sauce, overlapping as necessary, using half of the veggies. Sprinkle with half of the breadcrumbs (to absorb liquid). Top with half of the mozzarella cheese and half of the remaining sauce. Repeat layers. Sprinkle the top with Parmesan cheese. If the sauce won't "spread" easily then place "blobs" across the pan... the objective is flavor in every bite, not excessive calories.

6. Bake at 375 for 45 minutes or until top layer is golden brown. Remove from oven, allow to cool slightly (about 10 minutes) and serve.



Zapple Crisp gets its flavor from Granny Smith apples.

Zapple Crisp

Serves 6-8 adventurous eaters

I know this recipe sounds weird, but since zucchini has such a delicate flavor it is nearly masked by the sweet tartness of the Granny Smith apples. My daughter, Emily, ate almost the entire pan by herself!

Preheat oven to 350.

Spray a 9x13-inch baking with cooking spray.

For the filling:

- 4 Granny Smith apples, peeled, cored and medium sliced
- 2 medium zucchini, peeled, halved lengthwise and sliced, same thickness as apples
- juice of one-half lemon
- 2 Tablespoons flour
- 1 teaspoon cinnamon

For the crust:

- 1/2 cup flour
- 3/4 cup sugar
- 1 cup oatmeal (not "instant")
- 1 teaspoon cinnamon
- 1 stick cold butter, cut into 8 pieces
- 1/4 teaspoon salt

1. Toss the zucchini and apples with lemon juice (for flavor and to prevent discoloration).

2. Zucchini is 95-percent water, and we don't want watery filling. Therefore, add 2 Tablespoons of flour to the zucchini, along with one teaspoon of cinnamon. Pour this combination into the prepared pan and press down to compact the ingredients.

3. Place the crust ingredients into a bowl and manually cut in the butter with 2 knives or with a pastry cutter. Alternatively, place all of the crust ingredients into a food processor and pulse repeatedly. You are looking for the butter to be cut into tiny pieces, not liquefied, so be careful.

4. Pour the crust over the zucchinis and apples, press lightly over the top and firmly around the edges (you don't want "zapple juice" escaping while in the oven).

5. Bake for 1 hour. Let cool to room temperature (or slightly higher) and serve with a dollop of fresh whipped cream, vanilla ice cream, or if you're really brave then try some zucchini gelato!

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Sports

ANDOVER HIGH VARSITY FALL PREVIEWS

Warming up to autumn

Here are the highlights of the 2005 Andover High School varsity teams

By Rick Harrison

PRACTICES AND TRYOUTS for all 2005 Andover High fall sports teams began this week.

Football players were the first on the field as conditioning workouts began earlier this week. The gridgers were also expected to travel to Camp Vista on Lake Ossipee in New Hampshire for a four-day stay this weekend.

All other Golden Warrior athletes report for their first sessions today.

Regular season games will begin for most varsity and junior varsity squads during the second week of September.

Following are brief capsules highlighting the 2005 AHS varsity teams.

FOOTBALL

Andover is coming off its best season in 29 years, the locals posting a 10-1 record last fall.

The only blemish, which cost AHS its first Merrimack Valley Conference championship and playoff/possible Super Bowl berth since 1975, came against Chelmsford which has won 26 straight league games and captured outright or shared five consecutive MVC titles.

Andover, which entered the November game with a perfect 9-0 record, lost when the Lions mounted a 94 yard drive in the final two minutes and scored with seven seconds left for a 19-16 victory.

The gridgers were hit hard by graduation, losing 11 returning starters (most two-way) and five other top lettermen.

Leading the slim cast of veterans is senior All-Conference receiver/safety Buddy Farnham, considered by many as the top wideout in the state this fall.

Two-time team MVP Farnham has 17 TD catches and more than 1,300 yards receiving in three varsity seasons.

Ken Maglio, who begins his 10th season as head coach and his 36th overall with the program, has a 47-47-2 record.

He and his staff must replace the entire starting backfield as QB Geoff Stevens (17 career TD passes, 19 TD runs, 114 points) and running backs Matt Hennessy (78 career points, over 2,000 yards rushing), Shaheen Ghandchi (84 points) and blocker Mike Muccio (24 points) were all seniors last year.

Also gone are linemen Kyle MacKenzie, Matt Quinlan, Mike Gustin, Mike Cerchione, Mike Anderson and solid defenders John Fox, Quincy Torres and Nate Weich.

GIRLS SOCCER

The loss of all-time school scoring leader Jackie Powers, who pumped in 26 goals and passed out 15 assists as a senior last year and had 75 goals, 34 assists for 109 career points, will be tough to compensate for as the perennial Merrimack Valley Conference champs try to duplicate or better last

year's 15-3-1 overall record.

That mark included a 2-0 Division 1 North Tournament loss to Winchester as the locals had a tough opening-round draw.

Dick Loschi, co-head coach last year with Meghan Lynch, sports a spectacular 288-79-32 overall won-lost-tied record that includes 13 MVC titles won or shared and 18 tournament appearances in 19 years.

The AHS girls shared a State Division 1 title with Agawam in 1987 after battling through seven overtimes to a scoreless tie (before shootouts were introduced).

Expected to pick up the offensive slack this year is senior midfielder/forward Emily Pallotta, who finished with 14 goals and 20 assists last fall and has 26 goals, 39 assists for 65 points in her three-year AHS career.

Also eligible to return is senior forward Jen Hagopian (18-10-28 career points), and two potential big scorers in senior forward Maria Nasta and junior forward Rachel Fox.

Replacements will also be sought for goalkeepers Micaela Smith and Kara Bularzik, who combined for eight shutouts and a 0.79 goals-against average in 2004.

BOYS SOCCER

The Andover boys became a soccer force once again last year, registering a 14-3-2 overall record and winning the Merrimack Valley Conference Division 1 title.

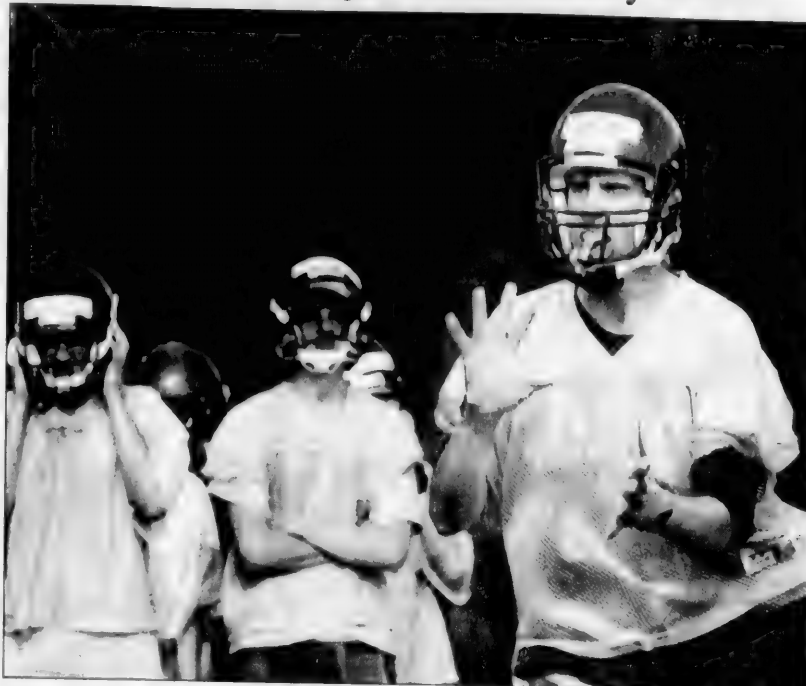
Third-year head coach Mike Wartman's crew blasted Lowell, 5-0, in the first round of the Division 1 North Tournament before dropping a 1-0 decision to Medford in the quarterfinals.

Wartman's teams are 27-9-3 the past two years.

The Golden Warriors had a balanced attack last fall, and top scorer Nate Baker (12 goals, 13 points) is expected to return as a junior forward/midfielder.

Senior forward/midfielder Joe Savoca (6-5-11) and junior midfielder Mike Baldwin (5 goals) should also return.

Key graduates included goalkeepers Mike Canepa and Chris Cole, who combined for 10 shutouts and a 0.53 goals-against average.



Here come the Warriors — Chris Esch had his eyes on the ball as the Andover High football team started its annual conditioning sessions on Monday.

Midfielders Greg Spurr and Vasili Kostakis, who combined for 11 goals and were strong defensively, are also gone.

Greg Levis and Jason Sheldon, a senior stopper and midfielder respectively, are eligible to return as defensive leaders.

FIELD HOCKEY

The Andover High varsity field hockey team has been on a roll in recent years under head coach Maureen Noone.

Last fall the locals went 17 games before suffering their first loss to Lowell, 3-2, in the regular season finale.

The Merrimack Valley Conference champs finished 17-2-2 overall, including Division 1 North Tournament wins over Wakefield (2-1, overtime) and Waltham (2-0), before losing to Reading in the tourney semifinals.

The past four years AHS has a sparkling 62-8-10 won-lost-tied record, while overall Noone has guided the Lady Warriors to an 83-30-20 mark over seven seasons.

Key graduates from last fall were top scorer Jacqui Munro (7-16-23), Jamie Maltz (9-7-16) and Elissa Slovin, the program's most successful goaltender ever with 10 shutouts last fall and 35 (solo and shared) for her career.

Top players eligible to return include junior forward Toby Maltz (10-6-16), senior forward Debbie Cheng (7-3-10), senior defender Kerry Haugh (5-4-9) and junior forward Casey Salois.

GIRLS VOLLEYBALL

Over the past two decades Andover High girls varsity volleyball teams have been very consistent and successful.

Head coach George Sullivan's squads, 18-6 last fall as they battled to the Division 1 North title match, have won Merrimack Valley Conference titles in 1991, 1998, 1999 and 2000 while reaching the North finals six times (three of last four years) and qualifying for the tourney 17 times in the last 19 seasons.

Sullivan's teams are 264-127 overall (.675 winning percentage) including a tough 3-2 setback to archrival Chelmsford in the 2004 North final at Lowell High's neutral Riddick Field House gym.

The only losses from last year's young squad were senior outside hitters Erin Korte, Kristen Pinksten, Caitlin Jackson and Caitlin Toland.

Eligible to return this fall are two-year starters Jen Merinder, a former All-Conference choice and top setter, senior defender Brittany Pierce, junior middle hitter Samantha Kerivan and junior setter Kelly O'Dea.

Other veterans expected back are junior six-foot middle hitter Sara Kelleher, senior outside hitter Ashley Ahern, senior middle hitter Kerry Hill, junior setter/defender Kasey O'Dea, sophomore defender Allison Navarro and junior six-foot middle hitter Heather Arvidson.

GIRLS SWIM & DIVE

The most successful sports team in Andover High history, in terms of domination on the sectional and state

level, will be out to extend several impressive streaks this fall.

Head coach Marilyn Fitzgerald's Lady Warriors are six-time reigning state champs and winners of six consecutive Merrimack Valley Conference regular season titles, five straight MVC Division 1 Championship Meets, six straight North Sectional crowns and 73 dual meets in a row since a 100-83 loss to Chelmsford on Oct. 30, 1998.

Don't look for AHS to slip at all this year as only 10 seniors graduated from a team that swept all the big meets in a big way in 2004.

Diana Harlow, Tracy O'Malley, Lauren Grobicki and several divers, including Libby Fortier and Ann Marie Cashman, led the list of graduates.

Close to 40 swimmers and divers are eligible to return — led by senior consistent scorers Candice Peak (multiple state champ) and Caitlin Doherty (multiple state champ, MVC Swimmer of the Year).

Other top-notch veterans include senior Courtney Hamer (state champ), senior diver Jen McDonald, junior Jen Geary, junior Tiffany Petzold (state scorer), junior Jenny Meltz, sophomore Ellen Cody, sophomore Melissa Alois, sophomore Allison Alwan and sophomore Hillary Samuels.

Several top-notch incoming freshmen are also expected to report for varsity duty as the strong continue to get stronger.

Andover was 11-0 in duals last fall.

GOLF

The Andover High linksmen are coming off an 11-4-1 season that included a seventh-place team finish at the Division 1 North Sectional Tournament.

Three players graduated from that squad and two other top-notch candidates reportedly transferred to different schools.

Gone are 2004 seniors Brian Retelle, Jon Yost and Zach Gostanian.

The talented twosome expected to shift schools are senior Jon Derby and sophomore Jaclyn Sweeney, although their departure has not been officially confirmed.

The cast of eligible returners includes junior No. 1 Colin Brennan, junior Kevin Calabro, junior James Gaffney who recently won the Lowell Junior City Tournament, and the senior quartet of Luke Bruno, Mike Shea, Eric Latsey and Jim Conway.

The Golden Warriors are 14-1-1 overall at their home Indian Ridge Country Club the past two years.

CROSS COUNTRY

Both the Andover High girls and boys cross country teams will be out to challenge for Merrimack Valley Conference division titles this fall.

Top senior graduates from last year include Anastasia Sullivan, Roopa Chari, Alice Yuan, James Primes, Jim Muller, Garrett Raynor and twin brothers Sasha (broken arm last year) and Oleg Seletsky.

Among the top harriers eligible to return for head coach Leo Lafond are junior Maggie Cosgrove, senior Christy Nigh, senior Sarah Boxell and seniors Peter Brown, Alex McCargar, Ben Ossoff, Jeff Farmer, Seth Johnson and Sayo Maldari.

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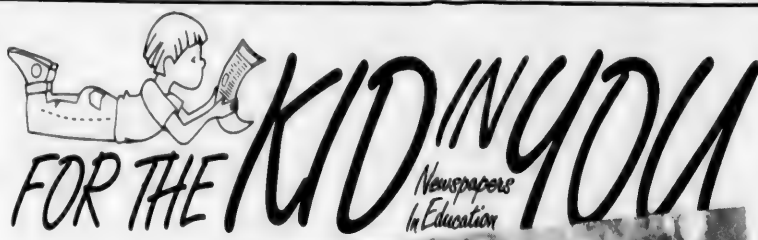
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Hurricane is coming!

The Kid was on a wonderful summer vacation in Cozumel when Hurricane Emily turned toward the island. Since the island is so small many people headed to the airport. Others found shelter in buildings designed to handle the storm's force.

The Kid, who lives in Oklahoma, knows about tornadoes. Hurricanes are different. They last longer than a tornado and cover a larger area.

A hurricane needs two things to get started: a thunderstorm and warm ocean water (at least 81 degrees). The heat and moisture from the warm water provide energy for the hurricane.

A storm becomes a hurricane when the winds reach a constant speed of 74 miles per hour.

The winds in the hurricane blow in a large spiral around a calm center called the "eye." The eye is usually about 20 to 30 miles wide. The storm may be 400 miles across.

Hurricanes in the Northern Hemisphere circulate counter-clockwise. In the Southern Hemisphere they rotate clockwise.

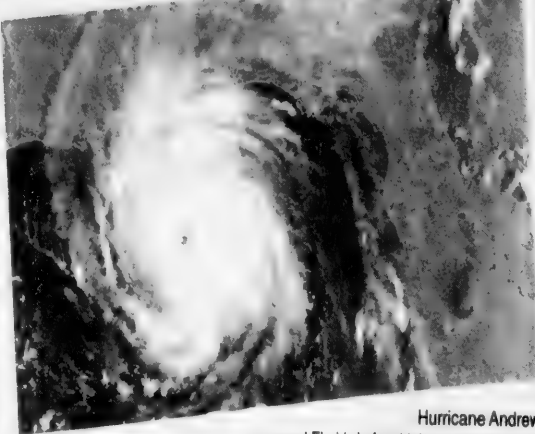
A hurricane can pick up about two billion tons of moisture per day. It is released as rain, causing floods.

Before modern communication, hurricanes came ashore without much warning. Coastal residents had less than a day's notice to leave their homes and work.

Now, warnings can be given much earlier, thanks to satellites, radar and hurricane hunters.

Meteorologists at the National Hurricane Center/Tropical Prediction Center constantly watch the weather in order to warn people.

A hurricane watch means a hurricane may be in the area within 36 hours.



Hurricane Andrew crossed Florida before hitting Louisiana and Mississippi. The 1992 storm is the most costly hurricane in US history. IMAGE COURTESY NOAA

A hurricane warning is issued when winds of 74 mph or higher are expected in 24 hours or less.

Meteorologists rely on hurricane hunters. These hunters fly airplanes with weather instruments straight into the storm. Scientists onboard relay data back to the Tropical Prediction Center for analysis.

Hurricane hunters operate from two different centers. The Air Force Reserve team flies from Keesler Air Force Base in Biloxi, Mississippi. The National Oceanic and Atmospheric Administration (NOAA) team is based in Tampa, Florida.

The crew usually has six people. The pilot, co-pilot, flight engineer, and navigator focus on planning the mission and flying the airplane. The dropsonde system operator and aerial reconnaissance weather officer gather weather data. The dropsonde operator drops "sondes." These devices measure weather conditions down to the surface. The aerial weather officer gathers weather information at the altitude of the plane. It sounds dangerous, but the hunters have a very good safety record.

Thanks to the early alerts, the Kid arrived home in Oklahoma in time to watch Emily's fury on television.

What's in a name?

Tropical storms are given names. Before 1979 the storms were named after women. Now they alternate between men and women. The 2005 names are Arlene, Bret, Cindy, Dennis, Emily, Franklin, Gert, Harvey, Irene, Jose, Katrina, Lee, Maria, Nate, Ophelia, Philippe, Rita, Stan, Tammy, Vince, and Wilma. The center had already used names through Harvey by the first week in August.

Newspaper search

Look for the names of people who might have the same name as a hurricane in 2005. How do you think they feel about sharing their name with a storm?

Unscramble these weather words:
DIWN ARNI

DARONOT

LODUC

CRHARNUE

Another good week for Oppenheim on the links

Andover pro golfer Rob Oppenheim finished in a five-way tie for eighth place at the Cleveland Tour's inaugural Wintonbury Hills Open in Connecticut, firing rounds of 68, 72 and 69 for a 54-hole, three-day total of 1-under 209.

That left the local links' standout six strokes behind winner Brennan Webb, who shot 67-69-67-203 and beat Samuel Corden (68-69-66-203) in a

playoff.

Oppenheim, the Tour's leading money winner, bounced back on the final day by moving up 15 places into the tie for eighth.

The Tour's first-ever stop in Connecticut concluded with 18 players at par or better on the Pete Dye-designed Wintonbury Hills, ranked first among statewide public courses by Golfweek.

The Cleveland Tour next travels to Brewster, Mass., Sept. 7-9, for the 5th annual Captain's Open.

Oppenheim left Monday morning for Brimley, Mich. and the Canadian Tour Players Championship being contested this weekend.

This event is scheduled to be shown on the Golf Channel with airtime 1-3 p.m. today (Thursday) through Sunday.

□□□

Oppenheim also had his A-game going last Sunday in an exhibition match at Indian Ridge CC with the Scramble Team of Steve Evanoff, Jim DeSimone and Dave Yoshida.

He fired 10 birdies on the first 12 holes at IRCC and won the match on the 13th hole.

Sportscaster Mike Lynch from Channel 5 announced all the participants on the first tee.

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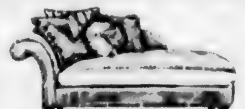
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Townspeople

An inspired ride

Like Lance: Trying out the Tour de France

By Judy Wakefield

THE MOTIVATION WAS SOMEWHAT SIMPLE. This longtime Andover cyclist often wondered what kind of riding the bike pros truly endure at the Tour de France. So, he rode a portion of the Tour course and realized it was just as he expected. His motivation may have been simple, but the grueling ride is by no means simple.

Larry Goff of Brentwood Circle rode a portion of the course's mountainous trail terrain last month and came away from the experience appreciating the physical stamina of the cycling athletes, including Lance Armstrong, more than ever.

"You know going into this that it's hard but you just don't know how hard until you do it," he said. "Having the experience drives it home. It's like a runner who decides to do a marathon. It's hard."

Goff visited France last month during the famous bike event, which rides along treacherous trails over the Alps and the Pyrenees mountains.

He was part of a cycling tour group that took part in a Pyrenees-to-Paris route for 10 days. There were 38 riders in his group who were guided by former Tour de France riders. Those guides often retire and run these biking tours.

Guides handle all the logistics of the massive ride, such as replacement tires and bikes, and bandages.

Several tour groups from around the world were also there. Goff's group rode the trail from the Pyrenees to Paris, pedaling the same trail as Lance Armstrong.

"Those guys do 150 miles a day, up and down three to four mountains. We did shorter rides, either 30 to 40 miles or 60 to 80 miles (a day) with one or two major climbs and then it would flatten at the end," said this 54-year-old electrical engineer who rides his bike to work in Minute-man Park in Andover and rides anywhere from 50 to 150 miles a week.

The bike tour groupies typically set off each morning and eventually the pros would "come zipping by," Goff said.

"I saw Lance and the rest of the team and some days we were at the start and those guys were very close... we would get to the (mountain) slopes and would be really working, going three, four or five mph and then the tour would zip by doing 15 mph. It is so physically challenging. On the way down, it's so steep, you get cramps in

your hand from braking. I'm holding in the 30s, trying not to think about my skinny tires and what would happen if I fell — and then the tour comes by doing 40, 50 (mph). To see it, to see them working really hard, was just spectacular," Goff said.

Often race spectators, who set up their lawn chairs early each day for a good viewing spot, helped amateur riders who stopped on a slope and needed a push to get going again.

It's so steep, riders must do that if they have any chance of getting to the top, Goff said.

The intensity leaves little time for these cyclists to enjoy the French countryside and mountain views, but it's the bike ride of a lifetime.

Amateur riders like Goff saw Armstrong secure his place in the record books as this year's win was his seventh straight Tour de France victory.

Armstrong is a cancer survivor who leaves his fans feeling inspired by his motivation, riding talent and fierce determination.

"It's just fabulous what he has done — the talent, the physical condition... and seeing what a smart rider he is," said Goff. "He's a real inspiration."

Sports Illustrated called Armstrong's glutes, legs, quadriceps and calves, "his engine" and Goff said it is pretty incredible to see this 33-year-old engine with its 165-pound frame get revved up

and whiz by.

"He's not that big; none of these guys are. Their power is in their legs, not upper body. Those muscles are incredible," said Goff, who doesn't fit that mold as he is 6 feet tall and weighs 210 pounds.

"Weight is everything in this ride."

Regardless of his larger frame, biking is Goff's sport. This father of three grown daughters and grandfather of an 8-month-old, who is married to local realtor Rhonda Goff, said going to France to see the Tour firsthand and "talking Tour" with cyclists from around the world was a summer vacation he will never forget.

"It was just a fabulous trip," he said, adding that his training regimen continues. "You try to get as much time in the saddle as you can... expanding your strength is what you need to do."

So it's off to the back roads of Boxford, Topsfield and Newburyport. It's not the Pyrenees, but those are Goff's closer-to-home routes.

"It's my sport and it's wonderful," he said, looking forward to saddling up again this week-

"He's a real inspiration."

LARRY GOFF OF ANDOVER (INSET), WHO SAW LANCE ARMSTRONG COMPETE EN ROUTE TO HIS 7TH STRAIGHT WIN IN THE TOUR DE FRANCE



Saddle time — Larry Goff of Brentwood Circle was part of a tour group that rode the Tour de France trail from the Pyrenees to Paris, just as perennial winner Lance Armstrong did.

Cantwell completes Pan-Mass Challenge

Magdalen Cantwell of Andover was among 26 Pan-Massachusetts Challenge cyclists who rode onto the field at Fenway Park on Saturday, July 30, as part of PMC Night at Fenway Park. Cantwell and the other cyclists, who are also cancer survivors, lined the warning track on their bikes during a pre-game ceremony in which the World Champion Boston Red Sox recognized the PMC for its 26 years of fundraising for cancer research at Dana-Farber Cancer Institute through its Jimmy Fund, and unveiled the PMC logo on the Green Monster.

The cycling cancer survivors received a standing ovation from the 35,000 Red Sox fans in the stands.

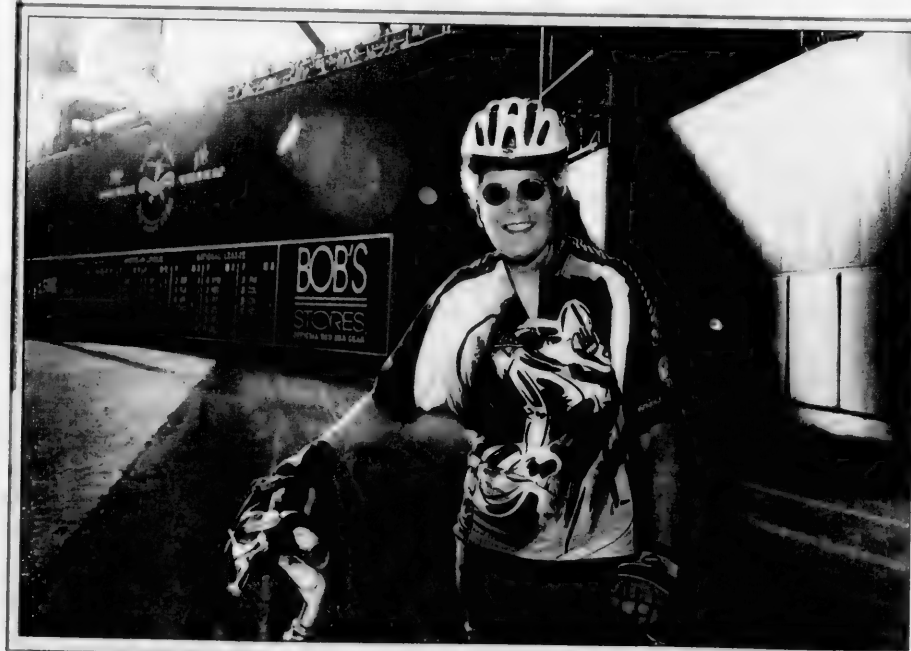
The PMC, which this year was held on Aug. 6 and 7, is the annual bike-a-thon which draws 4,000 cyclists from 35 states and six countries to Massachusetts to ride up to 192 miles over one or two days.

PMC cyclists rode this year with the goal of raising \$21 million for the Jimmy Fund, bringing its 26-year Jimmy Fund contribution to more than \$143 million.

The PMC generates nearly 50 percent of the Jimmy Fund's annual revenue and is the most successful athletic fundraising event in the US, organizers said.

For more information about the PMC, call 800-WE-CYCLE, or visit www.pmc.org.

► Pan-Massachusetts Challenge cyclist Magdalen Cantwell of Andover in center field at Fenway Park.



YOUTH HOCKEY

The puck stops in Stockholm

By Meredith L. Mooney
What's Up contributor

MOST HOCKEY PLAYERS WOULD consider traveling to Sweden with an elite hockey team a dream come true. But for 14-year-old Ryan Heavey, it's all just part of the plan. After three highly competitive tryouts and months of both on- and off-ice training and preparation, Heavey leaves today for Stockholm, Sweden with Team Massachusetts.

After his nine-day hockey excursion in Stockholm, Heavey heads for the Phillips Academy campus, where he'll attend high school as a freshman day student.

After Phillips, Heavey hopes to matriculate to Boston College, and then one day enter the realm of professional hockey. "Ryan is very focused on his goals," said Heavey's mother, Nicolette.

Stockholm will be the first European

city that Heavey will visit. And although Heavey's family will also be in Stockholm to attend the games, they have been encouraged by trip coordinators to let Heavey enjoy the experience with his teammates. Heavey doesn't seem too upset about his circumstances abroad though, "I'll have more fun with just the team."

During the team's stay in Sweden, the Team Massachusetts players, 20 14-year-old hockey players from around the state, will compete in several games, go sight-seeing in Stockholm, and practice in between. But don't think that this trip came for free. Heavey and his teammates had to raise \$3,000 each in order to pay for the team's transportation, lodging and exchange gifts.

Heavey had a chance to check out the competition when his family hosted one of the Swedish players, Fredrik Ostmark, for a week at their Andover home. During his

visit, the Heaveys took their 6'1" Swedish visitor to Canobie Lake Park, and to Boston where they visited the IMAX Theatre and Faneuil Hall.

While in the city, the Heaveys provided Ostmark with both a Red Sox baseball hat and a tutorial on the American Revolution, complete with information about both the Boston Tea Party and Paul Revere.

So is Heavey nervous about his overseas opposition? "Not really. They're good. But we're better," Heavey replied confidently when posed with the question. "But they are big."

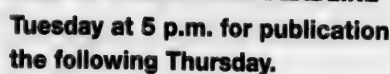
Heavey has reason to be confident in his abilities. On the Valley Junior Warriors website, Heavey's coach, Ken Cleary, praised Heavey for his perseverance, diligence, and intelligent playing. The defenseman's real strength, however, lies in his speed. "He's fast. Even I can see that," Heavey's mom admitted.



Ryan Heavey (right) hosted Fredrik Ostmark, a Swedish hockey player, on a visit to Andover. Here the two make a pilgrimage to Andover Hockey Shop in Shawsheen Square. Heavey leaves today for a nine-day hockey trip to Sweden with Team Massachusetts.

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22 Condos/Townhomes

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32 Condos/Townhomes

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NO. ANDOVER, MA Open House, Sun. 11-12:30. 118 Beverly St. Gorgeous 3 bedroom Condo. 1360 sq. ft. Hardwood, \$275K. 781-953-4694

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34 Mobile Homes

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38 Vacation Properties

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51-75 Rentals

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THE BACK PAGE

Andover's first youth center



Bill Dalton

I ADMIT THAT I KNOW nothing about what makes a teen or youth center work or not work in 2005. However, I was involved in the creation of Andover's first teen center in 1960.

The 1960s center was done on the cheap, and there was no government involvement or financing. In fact, it probably cost no more than \$100 and that was for paint, brushes, etc. It was located in the old 4-H building, which has since been torn down. The building was a white, wooden structure located directly behind West Parish Church. West Andover, although it still had a rural feel and a large farming community, was losing out to modern Andover. 4-H (head, heart, hands and health), designed for the youth of rural America, had ceased to exist in town. Whoever controlled the building allowed us to take it over and create the center.

It was the teens' idea to form the center, but soon some adults jumped in to help. They were led by Mrs. Birdsall (Dorothy) who owned and ran the Coffee Mill with her husband. (The Coffee Mill was a coffee and snack shop that, for many years, shared the street level of 125 Main St. with the Andover Shop. I think it closed in the late '60s or so.) Mrs. Birdsall was an energetic woman with fine communication skills, and she was very helpful without ever trying to control the project. And, of course, it was she and the other adults who secured the building for us. Although the teens and adults met on a regular basis, there was never any doubt that it was the teens who controlled the project.

Another big help was Phil Christie, whose voice most of you would recognize because he is literally the voice of the Merrimack Valley, doing much of the local advertising as well furnishing the announcements in major supermarket chains (his company is Christie Enterprises). Mr. Christie was recovering from a terrible automobile accident, which had temporarily destroyed his career. Prior to the accident, he was on prime time WBZ-AM radio and headed for a huge career in radio. Mr. Christie took me into Boston a couple of times and introduced me to all the big disk jockeys and then asked them for records and albums that we could use at the center.

The interior of the 4-H building essentially was a hall (about the size of the hall at the Old Town

Hall) with a cooking area and bathrooms. It needed a lot of non-structural maintenance, and we kids applied spackle and gallons of paint. The work mostly was done by members of the classes of '61 and '62 at Andover High School. The students who led the project were also the students who led their classes: class and student council officers and captains of sports. There was good participation from other teens although we didn't seek out too much help because there was only so much work that could be done. However, there was plenty of publicity furnished by the *Townsmen* as well as the school paper.

The high school was on Shawshen Road; it is now a middle school. It had only recently been built and occupied, and it was only a short distance from the 4-H building, which was a big advantage.

Once the work was done, the use of the center was limited (and it was never intended to be more). It was mostly for weekend events but was open more often as simply a place to drop in and see other kids. The weekend events were dances (with food), or just records being played while the teens hung out. There were other things such as ping-pong tables. I didn't get to see the center in use much, as my class ('61) graduated before it was in full swing.

By 1965, I heard that the teen center had closed. It was a disappointment but not a surprise. The counterculture of the '60s was screaming for personal attention and such things as teenage centers seemed anachronistic and boring in comparison.

As previously I said, I don't know what it would take for a teen or youth center to be successful. My children haven't been teenagers for several years, and I'm out of touch with that age group. I went online to see what I could find out about such centers and there were two things I learned.

One is that, of those that had Web sites, most of them exist in financially disadvantaged areas. The other is that the youth centers that seemed to work had excellent facilities (some rising to the level of a good, old fashioned YMCA) and many programs. In the 1960s, we had neither, and we didn't try to have them. Our center was meant to be a laid-back place that fit the culture of the 1950s and not that of the peripatetic 1960s.

Times change very quickly and, unless you believe the Luddites will soon come to rule, you'd best be prepared for fast change with any enterprise you undertake.

Bill Dalton is a former Andover selectman who writes from Austin, Texas.

FOR SENIORS

By Pat Becker

Andover Senior Center

Here are some of the activities coming up at the Andover Senior Center. Call 978-623-8321 for more information about any classes, programs or services.

Garden Tours: Our final garden tour of the summer will take place next Tuesday, Aug. 30 when we will visit the garden of Vicki Coderre. Spaces are limited and pre-registration is necessary. Directions are available at the center.

Card Players: Our drop-in cribbage group meets Monday and Tuesday afternoons at 1, and our men's bridge group gets together every Thursday at 1 p.m. Newcomers are welcome in both groups.

Book Club: Our next book club discussion will take place Thursday, Sept. 15 at 1 p.m. when we will discuss *The Poisonwood Bible* by Barbara Kingsolver. Copies of the book will be available for checkout at the senior center approximately two weeks prior.

Movie Matinee: On Monday, Sept. 12 we will show the recent release *Million Dollar Baby*. Hilary Swank, Clint Eastwood and Morgan Freeman star in this powerful drama, which won the 2004 Academy Award for best picture.

Journal Writing: The senior center will offer a six-week journal-writing class beginning Wednesday, Sept. 21. Learn about the many possibilities for keeping all different kinds of journals. Class will be held at Art With Wings in North Andover, but sign-up is through the senior center for the special price of \$20.

Massage Therapy: A licensed massage therapist is on site at the center Monday mornings by appointment, offering seated, upper-body massages. Cost is just \$12 for a 20-minute

appointment. Call the center if you would like to try out this great stress reliever.

Exercise Registration: Registration for the fall semester of exercise classes will be taking place this week and next. The 12-week fall semester will run from Sept. 6 through Nov. 25.

Cardio Circuit Training For Women: A six week session at Shapes By Design will get underway on Tuesday, Sept. 6. Geared for most fitness levels, this workout is based on the use of 10 different machines. Cost is \$45 for unlimited use and no membership fee is required. This special offer is through the senior center only, and complimentary passes are available at the center for anyone who would like to try out this opportunity. Sign-up prior to the first class.

Venezia Lunch Trip: The center will sponsor a trip to the Venezia Waterfront Restaurant on Thursday, Sept. 8, when we'll enjoy meeting head chef Peter Palumbo. Prior to lunch we'll browse the nooks and crannies of Harvard Square. Cost of the trip is \$30, and menu selections are available at the center.

Square Dancing: For the novice or experienced dancer; six weeks starting Tuesday, Sept. 13. Cost is \$4 per session, payable at the door. Get your exercise and have fun at the same time.

Art Instruction: All mediums and levels (including beginners) are welcome. Small, sup-

portive atmosphere with individual attention by instructor Andrea Hart. A 12-week session gets underway Monday, Sept. 12 at 1:30 p.m.; \$50.

Backgammon: If you'd like to learn this interesting game, then take advantage of the 10-week session that begins Friday, Sept. 9 at 1:30 p.m. There is no charge, but pre-registration is necessary so we can plan appropriately.

Nature Walks: Our fall nature walks with Al and Evelyn Retelle will begin Monday, Sept. 12 and run through Oct. 17. We'll meet at the senior center at 8 a.m. and head out to enjoy the various conservation areas. No charge, but pre-registration is necessary. Let us know if you're planning to join us.

Men's Breakfast: We will kick off our first men's breakfast of the new season on Friday, Sept. 16 at 8:30 a.m. The topic will be "Antarctica: The Last Frontier," a slide show narrated by John Archer, who spent two months there with a National Geographic Expedition. Advance reservations only; \$3.

Andover Chamber Music: We will again collaborate with Andover Chamber Music to provide reduced ticket prices for selected concerts throughout the year. Tickets are now available for the Sept. 24 concert, "Postcards From Vienna." This concert will also feature the season debut of its ensemble in residence, Mistral. Tickets are \$15 if purchased through the center.

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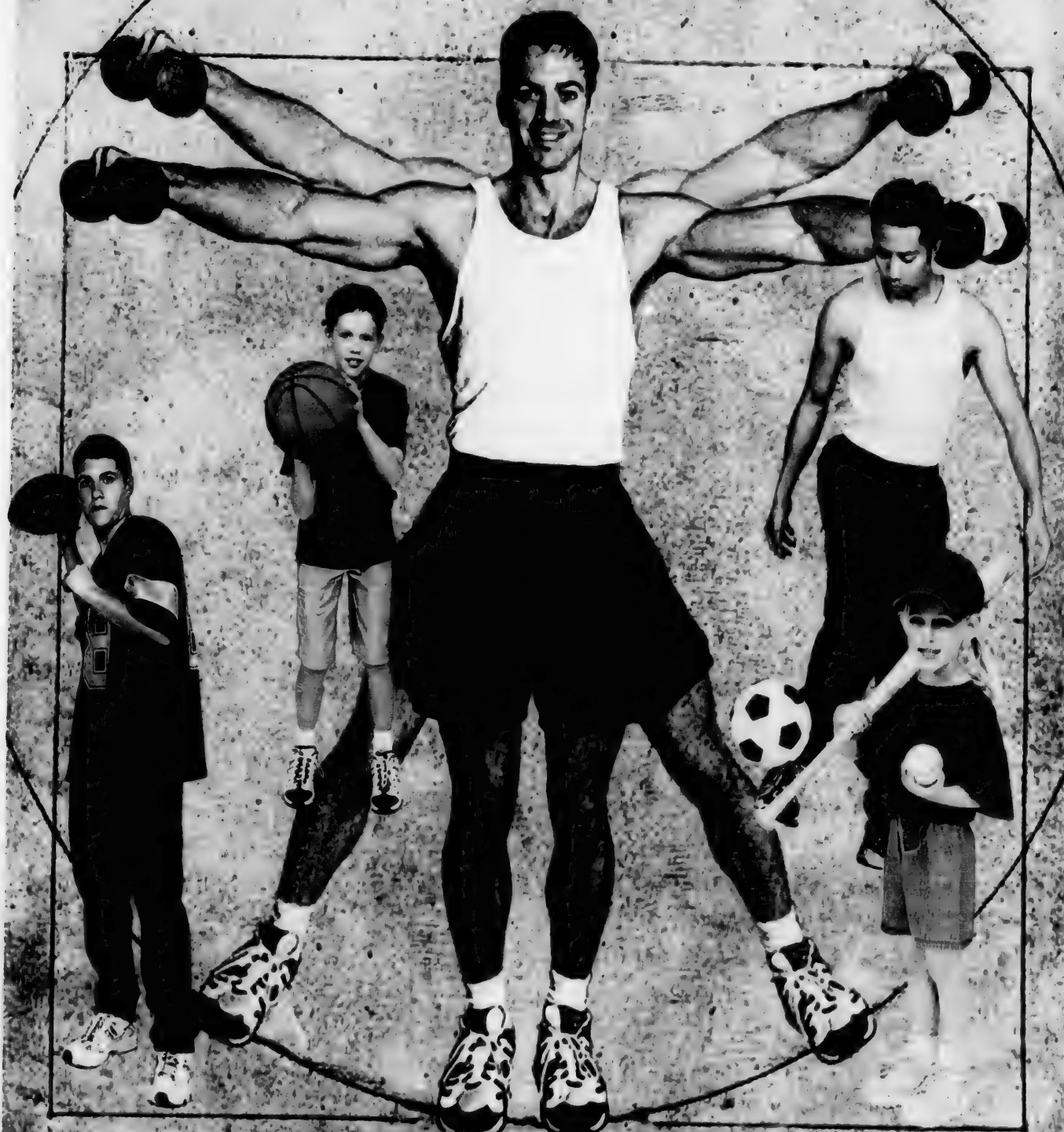
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HEALTHY LIVING



Andover Townsman

August 25, 2005

Moving toward lifelong health by getting an early start

By Judith Bright

A few thousand years ago, people had a simple method for determining whether a thing was living. If it moved, it was alive. If it stayed still for a long time, it was dead.

While today the approach is scorned as a primitive method, prone to prodigious errors, a new appreciation for the link between movement and life is gaining ground.

Increasing numbers of Americans are defined as obese, in spite of an entire industry devoted to weight loss. It's a trend identified by the Surgeon General as a health-care crisis that could overwhelm the economy in the coming years, unless people act to reverse and prevent it.

The solution clearly lies not only in eating a healthy diet. As more and more people are coming to understand, the other side of the equation is movement.

Move for life

Thanks to both the industrial revolution and technological gains of the last century, today's student or worker is far more likely to move a computer mouse than a muscle.

The consequences of inactivity and a sedentary life, however, include cardiovascular disease (heart attack and stroke), obesity and diabetes. And all of these health threats are appearing in people at younger and younger ages.

The good news is that adding physical activity as simple as walking can prevent these conditions. Even better, it turns out that physical activity benefits mental as well as physical health, and it has these positive effects at every age over the

lifespan.

Start early

While introducing physical activity has healthful benefits at any age, according to the President's Council on Physical Fitness and Sports, "Youth who are inactive as children and teens are more likely to be sedentary adults than youth who are active. Being active early in life is important to your health, fitness and wellness."

In addition, according to studies cited by the President's Council, adolescence is a period of life when physical activity tends to drop off dramatically, even among previously active children.

The greatest opportunity for preventing lifelong habits of inactivity and the attendant health risks is by educating and motivating younger children to enjoy being physically active.

School programs

Andover provides young residents with two types of access to physical activity, according to Brian McNally, co-director of athletics for Andover's public schools: physical education in grades kindergarten through 12, and athletics.

The two programs are distinguished both by population served and by mission. "Physical education is mandatory through all grades," said McNally, "but with different missions for the three levels, elementary, middle and high school. Athletics, on the other hand, are optional, extracurricular programs at the high school level."

According to McNally, the physical education programs have specific developmental



FILE PHOTO BY TIM JEAN

Brett McQuaide builds muscle under the watchful eye of physical education teacher Beth Shift.

goals for each curriculum level, that closely follow the standards set by the Massachusetts Department of Education curriculum framework.

"Physical Activity and Fitness" is one of four components of the Physical Health strand of the Comprehensive Health Curriculum Framework for public schools in the Commonwealth. The other three components are growth and development, nutrition and reproduction.

At each level, kids learn age-appropriate skills and knowledge, centered around opportunities for enjoyable physical

movement.

The standard, adopted in 1999 by the state's Department of Education, states the following:

"Physical Activity and Fitness addresses physical development and wellness ...[and] focuses on individual competence and versatility in movement skills, understanding movement concepts and body dynamics, and relating physical activity to lifelong health."

Skills not enough

Skills standards at all grade levels have components that demonstrate age-appropriate

motor skills development, fitness, and personal and social competency.

And the curriculum is applied through a host of activities that are inherently enjoyable to kids. Basketball, for example, shows up early and appears in every grade level, as do other popular team sports. Dance is another fun way of learning important motor skills and coordination.

Motivation is the key, not only for children and adolescents, but for adults who wish to be fit throughout life.

Continued on page 6A

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Physical activity vital to seniors

The World Health Organization, on the basis of projections that the number of people over age 60 is expected to double in the next 20 years, has stated that, "Reducing ... age-related disability is an essential public health measure, and physical activity can play an important role in creating and sustaining well-being at all ages."

Citing physical benefits such as improved and increased balance, strength, coordination, flexibility and endurance, the public health arm of the United Nations asserts that "physical activity has also been shown to improve mental health, motor control and cognitive function."

Besides the direct benefits of maintaining the physical body, WHO explains that pursuing an active lifestyle can give older persons regular occasions to make new friendships, maintain social networks, and interact with other people of all ages."

There are important benefits to improving balance, flexibility and strength, particularly preventing falls. "Falls are a major cause of disability and loss of independence among older people," states WHO.

And it seems it's never too late to get started on regular exercise. States WHO, "Common diseases among older people are cardiovascular disease, arthritis, osteoporosis, and hypertension. While being active from an early age can help prevent many diseases, regular movement and activity can also help relieve the disability and pain associated with these conditions."

Physical activity also has a role in the management of some mental disorders, such as depression and Alzheimer's disease. Organized exercise sessions suited to an individual's fitness level, even casual walks, can provide the opportunity for making new friends and main-

taining ties with the community, reducing feelings of loneliness and social exclusion. Physical activity improves self-confidence and self-sufficiency—qualities that are the foundation of psychological well-being.

It is not surprising, then, that the prevalence of mental illness has been found to be lower among people who are physically active.

Older people should take part in physical activities they enjoy the most, which is good advice for people of any age. Walking, swimming, stretching, dancing, gardening, hiking and cycling are all excellent activities for older persons.

For more on physical activity and health, visit the Web site of the World Health Organization: www.who.int/moveforhealth/ad_vocacy/information_sheets/elderly/en/index.html.



Trainer Tracy Callahan leads seniors in an aerobics class.

Senior Center classes resume

The Andover Senior Center has announced a new schedule of exercise classes beginning in September.

Registration for the fall semester of exercise classes will be taking place this week and next

(August 25 through September 2). The twelve-week fall semester will run from September 6 through November 25. Options include: strength training for women, tai chi, easy exercise, beginning and intermediate tap

dancing, water workout, beginning and advanced modified yoga, square dancing, men's strength and conditioning, and low impact aerobics. Class schedules and fees are available at the center.

Here are a few of the key exercise classes that begin in September:

Cardio Circuit Training For Women: A six week session at "Shapes By Design" begins Tuesday, September 6. Geared

for most fitness levels, this workout is based on the use of 10 different machines. Cost is \$45 for unlimited use, and no membership fee is required. This special offer is through the

Continued on page 11A

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Named after Master Instructor Dr. Yang Jwing-Ming of Boston, Yang's Martial Arts of North Andover has grown into a well-known local business since co-owner Alex V. Kiesel opened the first studio on Haverhill Street in Andover in 1988.

For the past 17 years, Alex and his wife, co-owner/operator Diana S. Kiesel, have offered quality Kung Fu and Tai Chi programs for adults and kids. "We have adult students who still train with us now, who were in our children's program during our first year," said Alex Kiesel. "We offer a family-friendly and

fun atmosphere for people to learn about martial arts."

After a move to Andover's Dundee Park in 1995 and then to its current location in North Andover in 2000, Yang's is gearing up for its biggest change to date: a merger with a newly purchased gym facility in Andover.

"We purchased Andover Fitness & Conditioning (formerly Andover Training Station) in June 2005 and renamed it Yang's Fitness Center," explained Diana. "By combining the two, we're excited to fulfill our vision of becoming the premier family fitness facility in the Andover area."

The Kiesel family are hands-on owners who currently split their

time between the Andover and North Andover facilities. Like its predecessor, Yang's Fitness Center in Andover has continued to operate as a gym, offering cardio equipment, free weights, Cybex- and Freemotion-branded machines, group fitness classes including Spinning, personal training programs, free child watch, and men's and women's locker rooms. In mid-September, the Yang's Martial Arts studio in North Andover will relocate inside Yang's Fitness Center.

Diana added, "At that time, we will relocate all of our Mind/Body instructional programs to the gym facility. In preparation for the move, we are hard at work updating the gym

with new locker rooms, new equipment, an additional fitness room and a new overall layout for the gym." The additional fitness room will accommodate the Mind/Body programs currently offered at Yang's Martial Arts, including Kung Fu for kids, teens and adults; Tai Chi and Chi Kung; Yoga for kids, teens and adults; Pilates; Fitness Kickboxing for teens and adults; and Dance.

"I think what sets us apart are our unique programs and professionalism. Parents will have the opportunity to take a group fitness class or do their treadmill and free weight workout while their child is in a Kung Fu class," said Alex Kiesel. "And our professional front desk and

experienced instructional staff will provide unparalleled customer service."

The Kiesel family are active members of the Andover community. Each year, Yang's donates to local charities and supports local school fundraisers. Both are Charter Members of the Rotary Club of Andover, a local humanitarian non-profit organization. In addition, Yang's offers special programs throughout the year via the Department of Community Services, as well as discounts to the employees of city, town, state and federal governments. For more information, including rates, directions and hours of operation, please visit www.YangsFitnessCenter.com.

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Other refractive surgeries performed at the Horsley Eye Center are conductive keratoplasty,

(to restore midlife loss of reading vision), clear lens exchange, (for severe hyperopia), and the intraocular contact lens or ICL, for extreme nearsightedness.

Besides performing all the lasik procedures for the Lasik Vision Institute, Dr. Horsley also treats private patients from his office in Stoneham. His private patients are treated exclusively on the VISX STAR 4 laser with active track 3-D eye tracking and WaveScan WaveFront System.

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Dr. Horsley conducts a free monthly seminar on refractive surgery and also offers free, no-

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EYE ON HEALTH

For more information on eye health, see the article on cataracts on page 10.

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6A Keep moving — for health

■ KIDS AND SPORTS

Continued from page 2A

Said McNally, "We find that our physical education teachers gear lessons to movement in fun ways. Not so much games or dance, since we don't have as much time each week as we used to; teachers have a great deal of personal enthusiasm. Again, kids are naturally competitive, and the toughest thing for them to do is 'sit out' an active period. They hate that, and we use the pull of the activity itself to engage kids and teach."

The fitness measurement program is part of the President's Council on Sports and Fitness, adapted for use in the Andover curriculum.

"We take a traditional approach, including the mile run for aerobic training, and situps and pullups for muscular strength," said McNally. Testing begins in third grade and kids individually build up to the mile run.

The President's Council Challenge is a motivational tool, said McNally. "They earn awards and certificates. Every kid who finishes gets a certificate. Kids who do 85-95 percent get a patch (like scouting badges)."

In terms of effectiveness, however, the news is not all good, as

physical education requirements in the Andover schools have been cut in half over the past few years, with a resulting drop in performance.

When asked how effectiveness is measured over time, McNally reported that, "cumulative results of the President's Council test are archived for the prior 10 years. The number of minutes in physical education were cut for the year 2003-04, from 90 minutes to just 45 minutes per week. That was the first year and we decided not to take time out of the shorter class time to do the test."

But in 2004-05, said McNally, the kids were tested, and "we noticed a significant dropoff in performance." (See related story in box, page 9.)

Sports do a body good

There's a lot to like about team sports. Just ask any of thousands of Andover residents who tune in to broadcasts of professional and school sports at every season.

While watching sports doesn't improve fitness, many are motivated to participate in activities they enjoy watching. Some 55 percent of students at Andover High are involved in one of the school's 34 athletic programs, the other side of the physical activity coin Andover offers



FILE PHOTO BY TIM JEAN

Brett McQuaide and Caitlin Kemp, students at High Plain Elementary School, perform the shuttle run, one of the components of the Presidential Physical Fitness Test.

youth. There are also many private leagues in town.

The virtues of participation in sports activities for children are widely accepted by everyone from parents to schools to government agencies.

Sports contribute to more than physical health. And the most important aspect of sports that most people would agree on might be their motivational value.

According to a report on girls and sports prepared for the President's Council on Fitness and Sports by Dr. Diane Wiese-Bjornstal, "children and adolescents often have multiple

motives for participation in organized sport, with 'having fun' rated as the most important motive for both boys and girls. Other primary reasons ... include improving skills, being with friends, becoming physically fit, liking the challenges and experiencing success."

In one package, sports have the potential to provide all or most of the primary motivation kids of all ages need to maintain an active lifestyle.

Organized sports

Participation in sports can also help kids form a positive self-image, and learn valuable skills.

Here are a few other positive ways kids can benefit from playing sports:

- Sports motivate kids to be active while they are having fun.
- Sports keep kids busy and out of trouble.
- Sports teach kids leadership and teamwork.
- Sports build healthy bodies.
- Sports build character.
- Sports are a healthy family activity.

Regardless of all other motivations and benefits, however, kids want to have fun, and team sports can provide that.

When kids are having fun they

Continued on page 7A



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Moving is mandatory for health

KIDS AND SPORTS

Continued from page 6A

are likely to stick with an activity longer, and that can contribute to better lifelong well-being, say health experts.

Sports have a shadow

For all the positive claims that can be made for sports, however, negative observations can also be made.

Sports activities do not in themselves keep kids out of trouble, for example. More accurately, keeping busy in supervised activities is what keeps many kids out of trouble. Sports are not the only option for occupying a child's time.

Co-athletic director McNally agreed and said this is something he tells parents of incoming eighth-graders each year when they attend the high school's open house.

"I routinely tells parents that it is important for kids to be involved in after-school activities," McNally said. "Don't go right home after classes are finished. I tell the kids. Whether it's a sport, a club, drama, whatever the activity that interests them, this is the time for them to discover their passion. It also gives kids a sense of community when they represent their town."

In terms of building character, McNally was equally direct. "Sports don't build character," he said. "Coaches help create opportunities for kids to build character." When kids encounter aggressive opponents, for example, "that's a teaching opportunity," McNally explained. "We use it to talk about the right way to play the game and, if it becomes appropriate, it might be time for the coaches to speak to the other team's coaches."

One of the dangers in organized sports, pointed out by Wiese-Bjornstal for the President's Council on Fitness, is something she termed "game reasoning."

"Although sport is often proclaimed a character-building activity," said Wiese-Bjornstal, "organized children's sports may develop negative character instead. When children observe other children and adults cheating, engaging in aggressive behavior and successfully using intimidation to achieve desired goals, it may undermine the positive moral development which can occur."



FILE PHOTO BY TIM JEAN

Andover schools' co-athletic director Brian McNally

"'Game reasoning' is one explanation that has been offered to describe the less mature moral reasoning and increased tolerance for aggression common in sport," said Wiese-Bjornstal.

"There's also a big difference between school-based and non-school athletics," said McNally. "No matter how dedicated those involved, the school team has a different viewpoint. On school teams, all the players are 'student-athletes.' Not 'athlete-students,' but students first. All the coaches are educators. That doesn't mean all are teachers, but in the context of the sport, they are all educators - in the sense of the mission of school athletics."

Too much of a good thing?

There will always be some individuals who believe that, if some of a thing is good, more of it must be better.

It can be a tough call for parents to know when their kids are

too involved in sports. Are kids who try out one after another of sports activities learning to be quitters? How many teams should a child play on?

According to Andover psychologist Larry Larsen, the key is always in the hands of the parents.

In understanding and advocating for their children, "Don't fly in the face of gifts," Larsen advised.

"Others may know and recognize the child's talents better than the parent. For example, if the child is an artist, the parent may not have the skill to recognize that."

"If, however," he said, "children like gross aerobic movements, they've got to be in sports."

The secret might be to try different sports, different activities. "If they're looking at the butterflies in the outfield instead of the fly balls, they're not going to be good at softball," Larsen said. "Look elsewhere."

A benefit - and necessity - in kids' sports, said Larsen, is "exposing kids to great people, particularly coaches." His advice: "Hunt for them. Network with other parents. They will know."

As far as the dangers of kids learning poor values, Larsen reminds parents that, "It is the parent who teaches these, and the parent that influences the sport teams with their own philosophy."

Said Larsen, "Parents ought to be conveying beliefs such as 'winning isn't everything,' 'doing one's best' and cooperation are important, as is truthfulness - honesty about what you did."

Finally, said Larsen, sports are a socializing opportunity, if kids

What other professionals say

Professionals in health and fitness generally agree on the amount of time children need to spend in physical education.

The American Heart Association recommends "150 minutes of physical education (per) week for elementary school students and at least 225 minutes per week for middle school students."

Guidelines developed by the National Association for Sport and Physical Education (NASPE) are more detailed:

Guidelines for adolescents:

1. All adolescents should be physically active daily ... for at least 30 minutes as part of play, games, sports, work, transportation ... physical education.

2. Adolescents should engage in three or more sessions per week of activities that last 20 minutes or more and that require moderate to vigorous levels of exertion.

ous levels of exertion.

Guidelines for children 5-12:

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on most if not all days of the week. This ... should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.

2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.

3. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health ...

4. Extended periods of inactivity (periods of two or more hours) are discouraged for children, especially during the daytime hours.

are not too tightly programmed.

"Every sport can be a horror if it's treated as a Bataan Death March," concluded Larsen.

"Even overbooking can be

good. If a child is highly energetic, sports can be a great friend."

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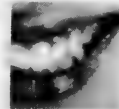
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Head off road rage with these tips for prevention



COURTESY PHOTO

Road Rage is preventable, when drivers consider consequences and keep a cool head.

Alzheimer's disease is unpredictable; Alzheimer's care should not be.



MS - It's 8:25 a.m., the middle of the morning "drive time." Traffic has been moving on the road up until now but, suddenly, congestion begins to form.

A nearby driver begins weaving in and out of lanes, cutting off cars to "beat out" other drivers. Suddenly, a driver up ahead refuses to let the weaver pass, blocking two lanes with his vehicle, shouting obscenities and gesturing from behind the wheel at the would-be passer. The weaver starts yelling back.

This example illustrates how quickly road rage becomes an issue on the country's roads.

According to the US Department of Transportation, road

rage and its counterpart - aggressive driving - account for about two-thirds of accidents each year. Many of these accidents result in serious injury or death. They can usually be avoided by keeping road rage in check.

Back to school is a good time to practice some of the basic courtesies. It's a good time, too, to remind young drivers to be courteous on the roads. Here are some tips that could help:

Other's aggression

It is important, first, to be aware of just how unpredictable other people can be.

• Be serious about road rage. If someone else is driving aggressively, he or she might be a volatile, unstable person. This person might have a weapon, and his or her reactions are an unpredictable factor. Treat every situation as potentially dangerous and explosive.

• Don't feed the fire. Try to remain calm. Don't make gestures or faces; don't flash the lights or honk the horn. It's natural not to want to appear "wimpy," but machismo in a driving situation might result in an injury.

• Avoid the person. Try to avoid the aggressive driver. Ease off the gas, hang back to let him or her continue traveling ahead.

Personal aggression

Take steps to avoid or eliminate the following driving habits

that can contribute to road rage:

- Don't tailgate. Riding a few inches from someone's bumper is annoying. It makes the person feel pressured to go faster, and limits the safe distance they have for emergency stopping. Hang back a bit. If they stop short and are rear-ended, it's usually the rear driver who's found to be at fault. And that can be costly.

- Use signals. Signal before changing lanes or when exiting. Just remember to turn off the signal afterward. Trailing a car with a signal flashing for miles can be frustrating.

- Don't weave in and out of traffic or cut off other drivers. Don't cut someone off to achieve a "better" position. The amount of time really saved by getting ahead of a few cars in a sea of traffic is miniscule. Also, leave plenty of time for merging into a lane, rather than waiting until the last minute, just to be a few cars ahead.

- Don't flash those headlights. Blinding another driver with high beams is not the right way to signal an intention to pass him or her.

In sum, being considerate could save an argument ... or a serious altercation.

For more on safe driving, visit these Web sites:

www.aaafoundation.org
www.crashprevention.org
www.officialdefensivedriving.org

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Don't leave kids alone in the car — even for a minute

9A

A statewide safety program seeks to educate the public on dangers of leaving children unattended in or near cars.

The Massachusetts Children's Trust Fund (CTF) has launched the "Not Even for a Minute" safety campaign, which reminds parents and the general public to never leave a child unattended in or near a car.

According to the US Centers for Disease Control, leaving children unattended in a car during hot weather is the leading cause of motor-vehicle-related fatalities nationwide for children under age 14.

The statewide program calls for childcare centers, retailers, and medical facilities throughout Massachusetts to display educational posters and flyers that warn of the hazards to children left alone in cars.

According to CTF Executive Director Suzin Bartley, "By reminding parents and the public of these dangers and providing helpful safety tips, the Not Even for a Minute campaign can help prevent the car-related injuries that currently affect hundreds of children every year in Massachusetts. This is especially critical during the summer season when hot weather increases the risk of injury."

On a 70-degree day, even with windows slightly rolled down, the temperature inside a car can exceed 120 degrees within 20 minutes and 150 degrees in 40 minutes. Infants and toddlers are most susceptible to heat-related vehicle injuries, with 82 percent of fatalities occurring among children age 3 and under, according to the US Centers for Disease Control.



COURTESY PHOTO

Even if the baby is asleep, it's always safer to wake the child than to leave him alone in an automobile.

When children are left alone in a car — even for a minute — they face others risks as well:

1. Knocking the vehicle into gear and setting the vehicle into motion.
 2. Strangulation by a power window, sunroof or other power accessory.
 3. Becoming trapped in a car trunk.
 4. Carbon monoxide poisoning.
 5. Accidentally setting the car on fire by playing with matches or cigarette lighters.
 6. Being taken, injured or abducted.
 7. Inadvertently being hit by a car, if left alone in a driveway or parking lot.
- CTF asks parents and the public to keep these the following safety tips in mind:
- Never leave a child alone in or around a vehicle. Not even while you run a quick errand. Always lock your car, even at*

home, and remind friends and neighbors to do the same.

Always put keys in a safe place, out of the reach of young children.

Report a child left unattended in a car to local police or tell a security official.

"Leaving a child in a car is neglectful, it's dangerous, and it's against the law. In addition to the grave health risks to he child, the criminal and civil liability you risk far outweighs any minor inconveniences it may afford," said CTF Executive Director Suzin Bartley.

The Massachusetts Children's Trust Fund (CTF) leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families.

To order free copies of the Not Even for a Minute poster and flyer, call 888-775-4KID (888-775-4543).

President's Council physical fitness test revisited

In April 2005, the *Andover Townsman* reported on the results of 2004-05 testing of the students in grades 3, 4 and 5 using the President's Council on Sports and Fitness Physical Fitness Test.

The fitness test was not administered in

2003-04, the first year in which physical education classes for elementary students was reduced to just 45 minutes each week.

As the article pointed out, scores on the 2004-05 test were the lowest of the past 10 years.

School year	Boys	Girls
1995-96	69.3	75.0
1999-2000	68.5	74.8
2002-03*	71.3	72.4
2003-4	Test not administered	
2004-05	60.5	68.2

The 2002-03 school year was the last during which elementary school students received 90 minutes of physical education class time each week.

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Plan now for an asthma-free school year

The American Association for Respiratory Care (AARC) says children with asthma can enjoy a symptom-free school year, provided parents touch base with the child's physician and school personnel before the year begins.

Here's what parents need to do:

Schedule a doctor's visit prior to the first day of school to review asthma medications and acquire an Asthma Action Plan, which provides clear instructions on how to handle escalating symptoms.

Meet with the child's teacher and other school personnel who may be overseeing the child's activities during the year. Tell school personnel about the child's medications, and come up with a plan that will either allow them to be carried by the child or make them readily accessible at all times.

Discuss the child's allergies and asthma triggers and ways they can be minimized in the classroom and on the play-

ground or in the gym.

Common allergens that children face at school include inhaled irritants, such as chalk dust, and strong fumes from chemistry labs, perfumes and after-shaves, cleaning liquids and art supplies such as markers and glues, according to AARC.

Some kids may have food allergies as well, and classroom pets can also be a problem. Pets such as hamsters or rabbits will have dander from their fur, and their droppings could also cause an asthma episode. Even a simple fish tank can pose problems when mold builds up in a tank not cleaned frequently.

Go over the Asthma Action Plan and make sure the child's teacher and other adults who will take part in daily care clearly understand the steps needed should asthma symptoms flare up during the school day.

For more information, the AARC maintains a consumer Web site at www.yourlunghealth.com/.

August is cataract-prevention month



FILE PHOTO BY TIM JEAN

Blue Cross Blue Shield of Massachusetts says no one must live with the effects of cataracts.

According to Blue Cross Blue Shield of Massachusetts, cataract is the leading cause of blindness around the world.

Although some 20.5 million Americans ages 40 and older have developed this vision impairment, blindness does not need to be how the story ends.

A cataract, or clouding of the eye's clear lens, blocks the passage of light needed for vision, but it is a problem that can be effectively treated with the help of a physician. The key to obtaining that help and a return to normal eyesight is recognizing the cataract symptoms when they arise.

During Cataract Awareness Month in August, Blue Cross Blue Shield of Massachusetts (BCBSMA) Prevention and Wellness Program offers tips on how to recognize the signs of cataracts, as well as the options available for treating them.

Anyone experiencing one or more of the following symptoms should consider contacting an

eye care professional for a thorough eye exam.

Cataract Symptoms

- Gradual painless blurring or clouding of vision.
- Double vision in the affected eye.
- Sensitivity to bright light.
- Frequent changes to eyeglass or contact lens prescriptions.

Cataract Risk Factors

- Age is the primary risk factor for developing cataracts.
- Medical conditions such as diabetes increase the risk for cataracts, regardless of age.
- Prolonged exposure to sunlight is another risk factor.
- Individuals who smoke 20 or more cigarettes a day have twice the risk of nonsmokers for developing cataracts.

The possible treatments for cataracts range from the use of new eyeglasses to the surgical removal and replacement of the affected eye's clouded lens.

Most health insurance providers, including Medicare, cover cataract surgery, which is the most commonly performed surgical procedure in the United States.

While the operation is highly safe and effective – approximately 90 percent of patients who undergo the procedure report an improvement in their vision – it is still surgery, and, in general, should only be undertaken when everyday activities such as reading and driving are impaired.

A physician can help determine when (and if) surgery should be pursued. The important thing to remember is that, with the proper medical treatment, no one needs to live with the adverse effects of cataracts.

For more information about cataract and other eye health issues, visit the Web site of the National Eye Institute at www.nei.nih.gov.

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Seniors' activities resume in September

SENIORS EXERCISE

Continued from page 3A

senior center only. Complimentary passes are available at the center for anyone who would like to try out this opportunity. Sign up prior to the first class.

Square Dancing: For the novice or experienced dancer, running six weeks starting Tuesday, Sept. 13. Cost is \$4 per session, payable at the door. Get exercise and have fun at the same time!

Nature Walks: Annual fall nature walks with Al and Evelyn Retelle will begin on Monday, Sept. 12 and run through Oct. 17. Meet at the senior center at 8 a.m. and head out to enjoy the various conservation areas. There is no fee, but pre-registration is necessary.

Outdoor Adventures For Women: Based on the enthusiastic response to the summer hiking excursions, all interested women are invited to gather for some upcoming brainstorming sessions to see what kinds of other possibilities the great outdoors has to offer. Spread the word, invite some friends, and call to make a reservation. Meeting is on Thursday, Sept. 15 at 8:30 a.m. (breakfast meeting)

and Wednesday, Sept. 28 at 6 p.m. (supper meeting). Advance reservations are necessary for planning purposes.

Here are more activities for seniors that will exercise the mind:

Card Players: Drop-in cribbage group meets Monday and Tuesday afternoons at 1 p.m.; men's bridge group meets Thursday at 1 p.m. Newcomers are welcome in both groups.

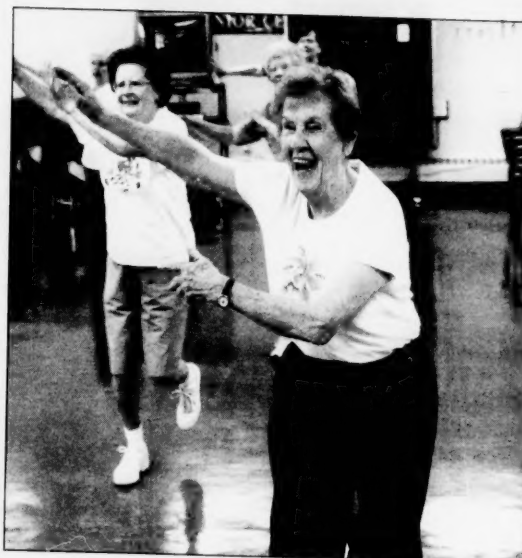
Book Club: The next book discussion is on Thursday, Sept. 15 at 1 p.m. when we will discuss *The Poisonwood Bible* by Barbara Kingsolver. Copies of the book will be available for check out at the senior center about two weeks in advance.

Journal Writing: A six-week journal-writing class begins on Wednesday, Sept. 21 at "Art With Wings" in North Andover, but sign-up is through the senior center for the special price of \$20.

Backgammon: If you'd like to learn this interesting game then take advantage of a 10-week session that begins on Friday, Sept. 9 at 1:30 p.m. There is no charge, but pre-registration is necessary for planning purposes.

Art Instruction: All mediums and levels, including beginners. Small supportive atmosphere with individual attention by instructor Andrea Hart. 12-week session begins Monday, Sept. 12 at 1:30 p.m., \$50 fee.

Humor Club: Meeting on Wednesday, Sept. 14 at 1:30 p.m. when we will watch "The Best Of The Dean Martin Variety Show," a video featuring Goldie Hawn, Bob Newhart, Jack Benny and others.

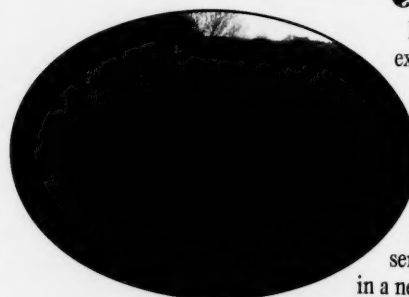


FILE PHOTO BY TIM JEAN

Priscilla Cox is all smiles while doing aerobics at the senior center during a class in the spring.

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Steps to take to keep a young brain

To help baby boomers and others live a brain-healthy lifestyle that might also reduce the risk for Alzheimer's disease, the Alzheimer's Association offers a booklet to promote the reduction of risk factors.

"There are a number of things you can do to help keep your brain healthier as you age," said Dr. Paul Raia of the Alzheimer's Association Massachusetts Chapter. "Increasing evidence shows that healthy lifestyle habits, such as ... eating a healthy diet, staying physically and mentally active, and staying socially involved contribute to healthier aging and may decrease risk for Alzheimer's."

Here are 10 tips to *Maintain Your Brain™*.

1. Head first – Good health

starts with the brain. It needs care like any part of the body.

2. Take brain health to heart – Heart disease, high blood pressure, diabetes and stroke can increase the risk of Alzheimer's.

3. Your numbers count – Keep weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. Feed the brain – Eat a low-fat, low cholesterol diet that features vegetables and fruits, foods rich in antioxidants.

5. Work the body – Physical exercise keeps the blood flowing and encourages new brain cells. Even walking 30 minutes a day will keep both body and mind active.

6. Jog the mind – Keeping a brain active increases its vitality and builds reserves of brain cells

and connections. Read, write, play games, do puzzles.

7. Connect with others – Leisure activities that combine physical, mental and social elements are most likely to prevent dementia.

8. Protect the brain – Take precautions against injuries. Use car seat belts, de-clutter the home to avoid falls, and wear a helmet when cycling.

9. Use your head – Avoid unhealthy habits. Don't smoke or drink excessive alcohol.

10. Think ahead – Start today to protect tomorrow.

For a free copy of the booklet, call the Alzheimer's Association 24hr Helpline at 1-800-272-3900 or visit the Association's Web site at www.alz-mass.org.

How to increase brainpower at any age

MS — Everyone knows someone who seems to have all the answers. Someone who has the ability to solve any kind of problem.

Contrary to popular belief, such a person might not have been born with brainpower. People can do things on their own to increase brainpower, which, in turn, can sharpen intelligence, boost recall ability and help people solve problems creatively and quickly.

Here are a few secrets to greater brainpower.

1. *Concentrate:* Focus is one secret to increasing brainpower. When distractions interfere with the ability to focus, the best

solution is to deal with them. If the dishes need washing, either wash them right away or put the chore on a "to do" list. Either way the mind is freed to go on to the next task.

2. *Sleep:* Study something important and then go to bed. "Sleeping on it" has been shown to improve retention of material.

3. *Exercise:* Ten to 15 minutes of daily exercise has proven to increase brainpower. Try working out a problem while walking. Walking increases blood flow (and oxygen) to the brain, improving its efficiency.

4. *Puzzles and games:* Putting together a puzzle practices important skills such as infer-

ence, deductive reasoning and the concept that whole objects are generally made up of parts. Practicing those skills improves brainpower.

According to Kathie Gavin, president and CEO of b. dazzle, inc., a puzzle manufacturer, playing and solving brain-teaser puzzles helps kids and adults exercise problem-solving skills. Puzzles also teach patience, perseverance and critical-thinking skills, and help maintain mental agility in older persons.

For more information on increasing brainpower, and to try a few online puzzlers, visit the Web site www.b-dazzle.com.

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